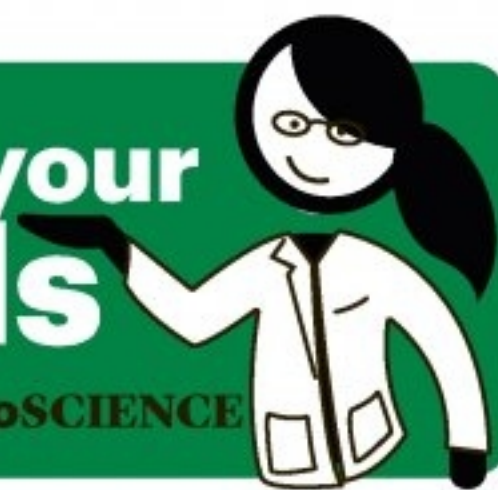


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RIO

Your essential daily news | WEEKEND, AUGUST 19-21, 2016

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Why everyone is Hip

Our stories are reflected in their songs — which have forever etched their way deep into Canada's heart

Kristen Lipscombe
Metro | Halifax

The Tragically Hip — five guys from Kingston — remind us of ourselves.

Our stories are reflected in their songs, and in their three-decade long journey of ups and downs, from Juno Awards to terminal illness, which have forever etched their way deep into Canada's heart.

The lyrics "they shot a movie once, in my hometown" have always evoked an emotional response in me.

I can't help but sing along when Blow at High Dough randomly comes on my car radio, and it's guaranteed that I will get up and dance if I'm in a bar that starts blasting the iconic song from the 1989 album Up to Here.

Okay, let's be honest. The same is true when I hear any tune by The Tragically Hip, my hometown band. Having grown up in Kingston, Ont.,

it's impossible not to feel pride for a bunch of seemingly average local guys not just making it big in music, but becoming interwoven into the very fabric of Canadian culture.

And perhaps that's what Kingstonians are most proud of — the fact that The Hip isn't just our band, but the entire country's band.

From "... in Bobcaygeon, where I saw the constellations ..." to "... sundown in the Paris of the prairies," The Hip's lyrics travel across the country, while the unique rumble of Gord Downie's voice and the band's distinctive brand of alternative rock somehow represent our Canadian mindset, and have become our country's signature sound.

That journey, and that feeling we get when we hear The Hip on the radio, will be celebrated Saturday night not just in our hometown, but across the country, as a "late breaking story on the CBC," and at public viewing parties taking place coast to coast.



Gord Downie performs during the first stop of the Man Machine Poem Tour in July in Victoria.
THE CANADIAN PRESS

Police chief 'concerned' over resources

ICE DISTRICT

Service to add just 40 officers with Rogers Centre opening

Kevin Maimann
Metro | Edmonton

Edmonton's police chief is worried about a lack of resources downtown with Rogers Place arena opening next month.

Chief Rod Knecht said Thursday he is "not entirely comfortable" with the 40 officers he is able to add to the area, which will mean about seven or eight on the ground at a time.

"You have an event where you may have 30, 40, 50, 60,000 people at it. Seven more police officers — I don't know if it makes a big dent," he said. "So are we concerned? Yes we are."

He said the Edmonton Police

Service has a plan that will evolve as things play out in the district. Some officers will be pulled from other areas of the city, and more will be used on event nights.

Police hope to open a community station in the district using private sector dollars, and Knecht said he is currently in conversation with people who are willing to work with police to get it done.

"We certainly don't have the budget for a storefront in the arena district," he said.

Rogers Place security director Kevin Kobi said he is confident in his team's relationship with the police and their ability to keep the area safe.



I'm not uncomfortable with our plan at all.

Kevin Kobi

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Headwear and horses

FASHION

Hat designer discusses what makes a good derby hat



Alex Boyd
Metro | Edmonton

One of the biggest days on the horse racing calendar is this Saturday, with the 87th running of the Canadian Derby at Northlands.

It's technically a day about the horses, but for many, headwear comes a close second. Sheila Barton, owner of Sheanna Creations, will be on site selling her handcrafted pieces, so we spoke to her about what makes a great Derby hat.

For someone who's never been to the Derby, how seriously do people take their headwear?

I think to a lady what they wear on the head is very important because it's something they don't do every day, and it's a highlight to wear a hat. Hats are such a novelty but they're such a fashion piece. That's what the Derby to me is all about!

Is it possible to make your own?

Yes it is, though it takes some skill.

When I build a fascinator, I don't really have a theme in mind until I do it, sometimes they turn out completely dif-



Derby hats will be available for sale at the event, but hat maker Sheila Barton said it's also possible to make your own.

KEVIN TUONG/FOR METRO

ferent even if I use the same materials.

The first thing you have to do is find a base, whether you're going to use a headband or clip. If I want to make something a big bigger, I might use a piece of backing, like a piece of felt, or something in a shape that's not too big.

What are the best materials

to cover it with?

I use light materials like netting and birdcage veil. I sometimes shop at millinery shops, or you can shop garage sales or second hand stores for vintage materials. Some people will use personal things like a brooch their grandmother owned.

Or if you have grandma's old hat, you can really modernize by adding new netting, flowers

or beads. Make sure you consider weight.

Big trends this year?

I think the trend is getting bigger and fancier for all headpieces. Ever since Kate Middleton, the fascinators are still on trend as well, as they're a little bit more portable, and almost easier to wear because they're so little.

Why should people give it a try?

I think all women should try it at least once, I think it just makes you feel good. I've had lots of women say 'I can't wear a hat,' and they look marvelous in a hat.

Barton will be on site at Northlands on Saturday, and most of her pieces range from \$10-45.

ECONOMY

Debt levels spiking in province



Ryan Tumilty
Metro | Edmonton

Not only are Edmontonians more in debt than people in almost every city in the country, the number of people missing their payments has jumped dramatically, according to new data.

New numbers from credit agency Equifax showed that only Calgarians had higher debt levels than Edmontonians, who owe an average of \$26,691, not including mortgages. It also showed that over the last year the number of people who are more than three months behind on their payments has increased 39 per cent.

Freida Richer, an insolvency trustee with Grant Thornton in Edmonton, said those numbers are stunning, but sadly in line with the number of people she has seen walking through her doors. "For the month of May and June we had record numbers of filings when we compared it to the last five years," she said.

Richer said Albertans have always racked up debts when times are good and then struggled to pay them when the economy turned sideways.

"Alberta was the land of consumer optimism. We lead the way in terms of economic growth, there was low unemployment rates and of course people were spending more," she said.

She said for many people severance packages or employment insurance payments are running out and that makes it difficult to get by.



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LAW ENFORCEMENT

Old Strathcona police station among community closures

The era of the community police station is coming to an end.

Edmonton Police Service Chief Rod Knecht said the storefront stations are no longer being used and police will shut down their Old Strathcona and Nampaw locations at the end of this month, with

more to follow.

"In some of these community stations we're getting four to eight visitors a day. And I'll be quite frank, sometimes those are the same visitors day after day and it's just people that want to drop in and have a coffee," Knecht said Thursday. "They're just not proving

their worth over time. (They were a) great concept in the '80s and early '90s."

The move comes largely in response to a 53 per cent increase in online reporting this year, as well as a public survey showing residents wanted more opportunities to report less serious crimes online.

Knecht said police will continue to expand online reporting.

"The more we can do online for folks, the better. And that's what they want," he said.

Getting out of leases at the community stations will bring police a small savings, but it will also allow officers to be redeployed as resource officers in junior high schools. A pilot project will put officers in eight junior high schools this fall.

Knecht is also meeting with the superintendents of the public and Catholic school boards to find 12 schools with extra space that will be open to police officers as an around-the-clock stop-in where they can do paperwork and interact with students.

KEVIN MAIMANN/METRO



The Old Strathcona Police station will be among the community stations closed. KEVIN TUONG/FOR METRO



The Edmonton police force has opened up its data to the public through an online portal.

METRO FILE

Crime data more accessible online

INTERNET

Portal meant to improve accountability, transparency



The Edmonton Police Service has opened its books to the public.

Police launched an online dashboard through the City of Edmonton's open data website Thursday that provides detailed crime statistics and police performance data in an interactive way that has not been done by any other police service in Canada.

"It's all about transparency and accountability. I think people want to know more about what their government is doing for them," said Stephane Contre, the city's chief

analytics officer.

"I think this is a way to show them we're accountable — we're showing them, without restriction, what they can do. They are free to take that information themselves and do their own analysis."

Contre said "crime" is consistently in the Top 5 keyword searches by people who use the city's open data portal.

The new dashboard gives detailed information on items including domestic violence occurrences, impaired driving incidents, traffic injury rates, police officer-to-population ratio — in addition to information that was already available, like police response times and levels of crime and disorder.

Some information was posted online previously in PDF format, but police found those reports were getting little use.

Users can click through different topics in the dashboard to get descriptions, visualizations, historical data, supporting metrics and links to more information.

Supt. Chad Tawfik with the EPS Office of Strategy Management Division said the dashboard will be useful not only to researchers and businesses, but to residents looking for information about their surroundings.

"I think this is important

BY THE NUMBERS

2,105

Police are called to **2,105 incidents of domestic violence per quarter.**

1,264

Officers receive **1,264 approved crime reports** online on a quarterly basis.

6,903

In total **6,903 people** presently have criminal warrants in the city.

179.4

Edmonton Police Service has **179.4 officers for every 100,000 residents.**



They are free to take that information themselves and do their own analysis.

Stephane Contre

for the public to have full information to look at public safety in their neighbourhoods, in their communities," he said.

"The more people have access to information, the more they can draw their own conclusions."

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UNIVERSITY OF ALBERTA

Circadian rhythms could be life or death issue



Alex Boyd
Metro | Edmonton

Circadian rhythms influence more than sleeping and eating — at least in fruit flies — according to a new University of Alberta study.

The study implies internal clocks may also have something to do with the normal development of an organism.

"In mammals as in insects, the circadian machinery is present

in different tissues," Francesca Di Cara, the study's lead author said in a release. "There is a general clock that is in the brain and controls the body, however, each tissue or organ also has its own circadian rhythm to regulate different processes."

Humans with disorders that disrupt their circadian rhythms can experience everything from abnormal sleep patterns to decreased immunity, but those disorders affect all circadian rhythms in the body.

So, Di Cara and fellow geneticist Kirst King-Jones wanted to know what happened if the circadian rhythm was disrupted in just one tissue, leaving everything else intact.

To do that, they looked at fruit fly larvae whose circadian rhythms had been disrupted in a single tissue — the cells that produced steroid hormones. They compared them to larvae who'd had all of their rhythms disrupted.

The larvae who hadn't had

a specific gene disrupted, they stopped growing.

"The dramatic result here was that these animals die as larvae — they don't even complete development," King-Jones said. "This told us that having depleted the one clock while the others are still working is much worse than depleting the clocks everywhere — you have less damage but more harm."

The findings could lead to research in how humane pituitary glands regulate steroids.



Although our poll didn't put them head to head, Brian Jean and the Wildrose Party still poll favourably to Jason Kenney when you dig into the latest numbers from ThinkHQ. CP FILE PHOTO

Wildrose voters still prefer Jean

metr@EXCLUSIVE

Supporters more keen on own guy than Kenney: Poll



Brodie Thomas
Metro | Calgary

Jason Kenney may have caught the eye of Wildrose supporters, but those same voters may be more loyal to current leader Brian Jean than he anticipates, according to a ThinkHQ/Metro Poll.

The poll of 1,221 Albertans looked at Kenney's approval ratings when compared with other possible PC leadership contenders.

It also broke down his approval by party support. Those who said they intended to vote Wildrose gave Kenney a 64 per cent approval rating. By comparison, those who said they intended to vote PC gave him a 60 per cent approval.

In other words, declared Wildrose supporters like Kenney more than declared PC supporters.

And yet, ThinkHQ President Marc Henry asked poll participants to take part in a mock ballot. The ballot assumed no merger between the Wildrose and the PCs.

Participants were given the choice between a PC Party led by Kenney, a Wildrose Party led by Brian Jean, and the three other parties with their current leaders.

The results had the NDP still winning the election with 32 per

cent of the vote, while Wildrose and PCs came second and third respectively with 22 and 21 per cent of the vote.

"So you go from a situation from where the Wildrose is winning now, by about six points, to where Jason Kenney takes about 20 per cent of their vote. It actually benefits the NDP," said Henry. "The whole notion of a merger is not a slam dunk when you've got 75 per cent of Wildrose voters saying, 'I'd rather vote for Brian Jean.'"

The mock ballot results surprised Mount Royal University political scientist Lori Williams.

"I would have thought Wildrose supporters would be more likely to support Jason Kenney

than others, but here we're talking about current Wildrose members preferring Brian Jean over Jason Kenney," she said.

While Kenney had a 64 per cent approval rating among Wildrose

supporters, Brian Jean had a 90 per cent approval rating among the same group in another recent poll. For Williams, the results raise questions about the feasibility and mechanics of a Wildrose-PC merger.

"If Brian Jean is in the running, he's more likely to hang on to the Wildrose support than Jason Kenney is," she said.

This online survey utilizes a representative but non-random sample, therefore margin of error is not applicable.

However, a probability sample of this size would yield a margin of error of +/- 2.8 percentage points at a 95 per cent confidence interval. To join the Voice of Alberta Panel, visit voicofalberta.com.

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EUPHORIA

Fashion festival highlights local designers



Sanam Islam
For Metro | Edmonton

With the fall season right around the corner, some local designers are gearing up to showcase their latest collections at a new fashion event.

Launching Friday at 7 p.m., the Euphoria Fashion Festival — which runs for three days at the Northlands' Expo Centre — will feature the work of 12 Edmonton designers.

"We've worked closely with a lot of local designers, and we thought, 'Why not put on a big show with everyone in it?'" said Aman Matharu, founder of Euphoria and creative director at DeepMode Creative Consulting, a local fashion runway production company.

"Some of them are lacking the exposure for their brand,

and we want to help them get their names and collections out there," Matharu said.

Designers — who range from home-based to those with boutiques downtown and on Whyte Avenue — will be sharing ready-to-wear summer clothing, fall collections, swimwear, dresses and East Indian ethnic wear.

Vendors will also be selling handmade clutches, jewelry and men's grooming products.

Friday will be exclusively dedicated to men's fashion, with part of the proceeds going to Prostate Cancer Canada.

"We wanted to do something a little different ... eventually we want it to lead to a men's fashion week, which hasn't been done before in Edmonton, but you'll see in larger cities like New York and Toronto," Matharu said.

Going forward, Matharu said he also hopes to organize Euphoria twice a year and involve more local designers.

Tickets are \$35 and can be purchased online or at the door. Doors open at 7 p.m. and the show starts at 8 p.m. each night.



Cynthia Sapara is one of the Edmonton designers showcasing her clothing line, Garnet, at Aman Matharu's fashion festival.

KEVIN TUONG/METRO

"We want to help them get their names and collections out there."

Aman Matharu

EVENT LISTINGS

Fringe, food trucks, downward dog and dragonboats galore

Friday French Quarter Fringe Street Party

After a busy day of fringing, festival-goers can grab a drink from the beer garden, watch performances by a local folk musician, a world music star from Montreal, and an Inuit artist who blends hip hop, spoken word and reggae. Free.

Where: Edmonton Chante Tent, 8627 91 St.
When: 7 to 11 p.m.

Saturday What the Truck At Edmonton Ball Park

The Truck is back on the outfield for a second year. Sample 15 food trucks, play a game of catch or have your photos taken by a roaming

photo truck and get caricatures drawn while listening to a live DJ. Entry is free, but food and donations to the Edmonton Food Bank are encouraged.

Where: Edmonton Ball Park, 10233 96 Ave. NW
When: 4 to 8 p.m.

Peace in the Park

Always wanted to do yoga in

the park? Yoga studio Modern Yogi is hosting its annual outdoor yoga session in support of the CASA Foundation, which helps families with mental health challenges. DJs will kick off the event before the class begins at 1 p.m., and yogis can buy fresh snacks, check out local vendors and bid on items in the silent auction. No yoga

experience required.

Where: Louise McKinney Riverfront Park, 9999 Grierson Hill Rd. NW
When: 12 to 3 p.m.

All Weekend Dragon Boat Festival

Starting with a Blessing of the Boats ceremony Friday, 32 teams will race across the river in dragon boats. Now

in its 20th year, the festival will feature a performance by taiko drummers, a dragon dance and a kung fu demonstration.

Where: Louise McKinney Park, 9999 Grierson Hill Rd. NW

When: Starts 6:30 p.m. on Friday, ends 9 p.m. on Sunday

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Openly LGBTQ athletes rare

SPORTS

Homophobia persists at professional, amateur levels



Sanam Islam
For Metro | Edmonton

Before she came out as gay three years ago, 27-year-old Olympic speed skater Anastasia Bucsis battled depression and anxiety.

"I remember how lonely and alienated I felt as I struggled to accept my identity," the Calgary-based athlete said. "I really lacked any kind of out role model in my sport, which compounded everything. It was definitely tough."

LGBTQ acceptance and inclusion in sports is an issue Bucsis, along with local LGBTQ athletes and Brian Burke — president of hockey operations for the Calgary Flames — will be speaking about during an Edmonton Public



Canada's Anastasia Bucsis skates during a test race at the Adler Arena Skating Center at the 2014 Winter Olympics in Sochi, Russia. PATRICK SEMANSKY/THE ASSOCIATED PRESS FILE

Library panel discussion being held on Aug. 24.

"While we've seen a lot of strides being made in professional sports ... we still don't have any out professional athletes in major league rosters," said Kris Wells, panel moderator and director of

the University of Alberta's Institute for Sexual Minority Studies. "It begs the question ... what continues to be the barrier in coming out?"

He said he believes it's a combination of factors: the fear of media attention, concerns about losing endorse-

ment, and being seen as a distraction to the game.

Homophobia — particularly in male-dominated sports — is also still rampant, both at the amateur and professional levels, he added.

"Any form of difference is seen as a perceived form of

"We still don't have any out professional athletes in major league rosters."

Kris Wells

weakness. We see heteronormative activity in the locker room, and use of casual homophobia to deride other players," Wells said.

However, he said he's encouraged to see more leaders — such as the Edmonton Oilers' former captain Andrew Ference — challenge players engaging in homophobic behaviour. Sports leagues and institutions, such as the Canadian Olympic Committee, have also launched campaigns and policies to promote LGBTQ inclusion in sports.

More allies, he hopes, will create systemic change and eventually lead to a point where being an openly gay athlete is seen as "normal", he said.

SEVERELY INJURED

Mom paid high price to save her kids

An Alberta woman who rushed towards a tent to save her children from a falling tree branch may never walk again, but says she would do it again.

Jessica Dicks, 27, from Athabasca says her family was camping at a provincial park about two hours north of Edmonton on July 3 when the wind picked up and she heard the branch crack.

It was raining and her daughters, age 6, 4 and 10 months were all inside the tent, so she raced to save them.

Then it all went dark and her next memory was waking up in a hospital bed.

Dicks suffered a severe spinal injury, several fractures, multiple broken ribs, a crushed sternum, a collapsed lung and a large gash on her neck that needed 20 staples to close.

Doctors have told her that her chances of walking again are slim to none, but she says it would be worse if it was one of her children in a hospital bed.

THE CANADIAN PRESS

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Mounties tight-lipped on foiled terror plot

INFORMATION

Aaron Driver investigation shrouded in secrecy

The RCMP has thrown a cloak of secrecy over many of the details around its Aug. 10 takedown of alleged terrorist Aaron Driver, saying investigations are ongoing.

In the immediate aftermath of the incident senior RCMP commanders provided a few key pieces of the story but put off many questions. They said investigations into a "still unfolding event" had not been completed.

But the Mounties were clear last week they had no information that Driver had any accomplices in what they said was a plan to cause mass casualties in an urban centre with a home-made explosive device.

One week after his death, the

Mounties remain tight-lipped.

Cab driver Terry Duffield, who was injured in the event, is demanding answers to his questions.

Duffield spoke out Thursday to say the police put his life in danger by failing to warn him as he waited in the driveway for the 24-year-old to emerge from his sister's home in Strathroy, Ont.

"Why did the police put my life jeopardy? They did absolutely nothing to help me at any time," Duffield told the London Free Press.

The RCMP did not respond to a request Thursday for comment on Duffield's concerns.

The RCMP also declined repeated requests over the past few days for information about the status of the investigation into what explosive material Driver had amassed, and how and where he obtained the material. The investigation is being led by RCMP forensics and explosives experts, said assistant commissioner Jennifer Strachan last week. TORSTAR NEWS SERVICE



Video footage showing Aaron Driver is seen behind RCMP Deputy Commissioner Mike Cabana, left, and Assistant Commissioner Jennifer Strachan during a press conference in Ottawa on August 11. JUSTIN TANG/THE CANADIAN PRESS

FIRST NATIONS

B.C. filmmaker wins Kevin Spacey award



David P. Ball
Metro | Vancouver

Mary Galloway will never forget the day she received a call from the foundation of one of her filmmaking heroes, House of Cards creator and star Kevin Spacey.

For one, the First Nations actor learned she'd been short-listed to become the first-ever Canadian filmmaker ever to win the Oscar- and Golden Globe-winning actor's "Artist of Choice" award — and with it professional mentorship and \$10,000 towards her upcoming film about a First Nations nanny in the 1970s.

Mostly, however, she was shocked to discover that Spacey would be hand-picking the winners himself for his emerging artists fellowship, from roughly 2,000 applicants.

"I was just speechless. I still haven't stopped smiling about it."

Galloway — an acting grad of Vancouver's New Image College of Fine Arts — submitted for his consideration Unintentional

Mother, a short film she wrote in which she'll portray a young First Nations nanny forced to choose between loyalty and escaping abuse from her father.

Originally from Qualicum Beach, Galloway is Coast Salish and her directorial debut will unite two of her professional passions: writing memorable characters she can act on screen and "showing First Nations girls they can do what they want."

"I want to be a strong female First Nation actress who helps show them their voice, to be brave and to take chances," she said. "We have so much to contribute in the world."



Mary Galloway
DAVID P. BALL/METRO VANCOUVER

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Omran's image stuns world

AIR STRIKES

Boy brings to mind drowned Syrian refugee Alan Kurdi

The Russian military said Thursday it was ready to back a United Nations call for weekly cease-fires for Syria's contested city of Aleppo, as haunting footage of a young boy's rescue from the aftermath of an air strike shook global media.

The image of the stunned and weary-looking boy, sitting in an ambulance caked with dust and with blood on his face, captured the horror that has beset the war-torn northern city as photographs of the child were widely shared on social media.

An hour after his rescue, the badly damaged building the boy was in completely collapsed.

A doctor in Aleppo identified the child as five-year-old Omran Daqneesh. He was brought to the hospital, known as "M10," on Wednesday night, following an air strike by Russian or government warplanes on the rebel-held neighbourhood of Qaterji,



A child sits in an ambulance after being pulled out of a building hit by an airstrike on Wednesday in Aleppo, Syria. ALEPPO MEDIA CENTER VIA THE ASSOCIATED PRESS

“It was as if he was asleep. Not unconscious, but traumatized — lost. Mahmoud Abu Rajab

said Dr. Osama Abu al-Ezz. The boy suffered head wounds but no brain injury, and was later discharged.

Rescue workers and journalists arrived shortly after the strike and described pulling victims from the rubble.

to the ambulance.

Eight people died in the strike, including five children, according to a doctor who gave only his first name, Abo Mohammad. Many doctors working in Aleppo's opposition areas do not give their full names for fear of reprisals against their relatives in government areas.

A nurse who treated Omran said “he was in a daze.”

“It was as if he was asleep. Not unconscious, but traumatized — lost,” said Mahmoud Abu Rajab.

Medical workers feared internal injuries, but an X-ray and an ultrasound revealed his wounds were superficial. Abu Rajab stitched up the child and wrapped his forehead and left eye in a bandage.

Omran's three siblings, ages 1, 6, and 11, and his mother and father were also rescued from the building. None sustained major injuries.

The powerful imagery reverberated across social media, drawing to mind the anguished global response to the photos of Alan Kurdi, the drowned Syrian boy whose body was found on a beach in Turkey and came to represent the horrific toll of Syria's civil war. THE ASSOCIATED PRESS

HAITI

Cholera victims need more, UN admits

The United Nations says it needs to do “much more” to address its own involvement in the introduction of cholera to Haiti and the suffering of those affected, estimated at more than 770,000.

Researchers say there is ample evidence that cholera was introduced to Haiti's biggest river in October 2010 by inadequately treated sewage from a UN peace-keeping base. The United Nations has never accepted responsibility, and has answered lawsuits on behalf of victims in U.S. courts by claiming diplomatic immunity.

UN deputy spokesman Farhan Haq's statement referring to the UN's “own involvement” came a step closer to an admission of responsibility and was welcomed by lawyers for the victims.

“This is a major victory for the thousands of Haitians who have been marching for justice, writing to the UN and bringing the UN to court,” said Mario Joseph, a Haitian human-rights attorney whose law firm is leading a claim on behalf of 5,000 victims who blame the UN for introducing the disease. THE ASSOCIATED PRESS

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Please Enjoy Responsibly



A wildfire east of Los Angeles spread fast Wednesday, prompting the governor to declare a state of emergency. AFP/GETTY IMAGES

Fight on to protect homes

CALIFORNIA

Authorities estimate few heeded orders to evacuate

Air tankers bombarded rugged slopes with fire retardant Thursday and a squadron of helicopters dropped load after load of water to corral a destructive wildfire threatening mountain homes 95 kilometres east of Los Angeles.

On the ground, firefighters and bulldozers worked to protect the ski town of Wrightwood and other areas high in the San Gabriel Mountains.

Authorities estimated that only half the 4,500 residents of Wrightwood heeded evacuation orders.

The fire has blackened more than 125 square

kilometres and was just 4 per cent contained, with more than 34,000 homes and some 82,000 residents still under evacuation warnings three days after it erupted in hot, gusty conditions and spread with extraordinary speed.

After five years of drought, California's wildlands have seen a continuous streak of destructive and sometimes deadly fires this year.

The dry vegetation is like firewood, said fire information officer Sean Collins.

"It burns that much quicker, that much hotter. The rate of travel is extremely fast," he said.

Fire officials indicated there were significant property losses but had yet to release a tally, leaving those who fled waiting to find out whether their homes were still standing.

Steve Boyd, 67, fled Wednesday with his wife from the mountain community of Lytle Creek. The former volunteer firefighter recalled staying behind during a destructive 2003 wildfire but didn't regret leaving this time.

"It's just stuff," he said of his possessions.

Firefighters worked through the night to defend Lytle Creek.

"They made numerous saves," fire information officer Bob Poole said.

Boyd had a stern warning for those who chose not to heed evacuation orders: "A garden hose is not going to help."

Residents like Vi Delgado and her daughter April Christy were among those wondering whether their home was intact, though they had found out that their pets and the shelter animals they take care of had been saved.

"No joke, we were literally being chased by the fire," Christy said outside the Fontana evacuation centre. "You've got flames on the side of you. You've got flames behind you."

THE ASSOCIATED PRESS

UNITED KINGDOM

Bees turn hospital into massive hive

It was a sticky situation.

A British hospital discovered it had become home to more than 100,000 bees when patients noticed honey dripping down the walls.

Beekeepers were summoned to Rockwood Hospital in Cardiff, Wales, after the discovery last month and found a large colony of bees in the roof.

Abigail Reade of the Tree Bee

Society charity said the hive had gone unnoticed for up to five years. It's thought warm summer weather melted some of the wax, releasing the honey.

Beekeepers from the society removed some 70,000 bees by cutting a hole in the roof. A second colony was removed from another part of the hospital this week.

THE ASSOCIATED PRESS

IN BRIEF

Shield your eyes

It's Donald Trump like he's never been seen before: Life-size naked statues of the presidential nominee greeted people in New York, San Francisco, L.A., Seattle and Cleveland on Thursday. They're the brainchild of activist group INDECLINE, which hopes Trump "is never installed in the most powerful political and military position in the world."

THE ASSOCIATED PRESS

Man who killed friend for sandwich gets 22 years

A New York man who fatally shot a friend for eating his leftover sandwich has been sentenced to 22 years in prison. Prosecutors say Marcus Gottsche and Jasmine Armour spent a night drinking in February 2011 before returning to his Buffalo home. That's where a fight started after Armour started eating Gottsche's sandwich. THE ASSOCIATED PRESS

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MONEY LAUNDERING

Watchdog probing fintech weaknesses

The director of Canada's anti-money laundering watchdog says the agency is studying how vulnerable certain emerging technologies, such as those being pioneered by so-called fintech startups, are to financial crime.

Gerald Cossette says it's important for the federal government to encourage innovation by emerging financial technology companies.

But, he adds, Ottawa must balance that with the need to protect the integrity and stability of the financial system.

Cossette says many fintech startups — for example those that deal with currency exchange or sending cash — may not realize that they are required to register with Fintrac, the anti money-laundering agency, as money services businesses.

The definition of a money services business was expanded in 2014 to include companies

that deal with virtual currencies, and the Finance Department is working on regulations to specify which virtual currency activities will be covered.

While some innovations are actually new takes on existing technologies and business models, others have been "more revolutionary in nature," says Cossette.

“

We are assessing the vulnerabilities of these new technologies.

Gerald Cossette

"In these cases there are some concerns that new entrants and technologies are disrupting traditional trusted intermediaries and existing business models, ultimately challenging Canada's existing regulatory paradigm," he says.

"We are assessing the vulnerabilities of these new technologies to criminal exploitation, such as how they can be used in trade-based money laundering, for which mechanism and detection techniques are not as well understood as they should be," he says.

THE CANADIAN PRESS

IN BRIEF

Celebrity gossip website Gawker.com closing

Gawker.com is shutting down next week after 14 years of operation, the celebrity gossip website announced Thursday. This follows a successful Univision \$135 million US bid to buy six other websites owned by its parent company, Gawker Media. TORSTAR NEWS SERVICE

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The Canadian National Exhibition is hoping to resurrect a bit of history this year by running the Innovation Garage, which will showcase some of the latest inventions. TORSTAR NEWS SERVICE

Exhibition going back to its roots

TORONTO

Annual fair to once again showcase innovations

For decades, the end-of-summer ritual of visiting the Canadian National Exhibition was also the only chance for fairgoers to catch a glimpse of the newest gadget or product due to hit the market.

In 1888, Canadians got their first look at the telephone as well as Edison's phonograph. In 1929, G.H. Wood showed off liquid soap. In 1939, RCA Victor unveiled the television. In 1958, a forerunner to the microwave

was on display.

"I remember my father looking at cars covertly because my mother didn't want one," said CNE president Brian Ashton. "I think our family's first colour television set came from the CNE. It was a place where products were showcased."

But in recent years, Ashton said the idea of going to the CNE to see the latest and greatest has waned. That's why the Ex is hoping to resurrect a bit of that history this year by running the Innovation Garage. The garage, which runs from Friday to Sunday, will feature some products for sale, while others are only in the development age.

"With the 21st-century economy, products are always in their

infancy. They are evolving," said Ashton, adding this is a chance for companies to reach out to the broader public.

Richard Lachman, a professor in the Faculty of Communication and Design at Ryerson University, a partner in the Innovation Garage, says the exhibits are a chance for public to connect with innovators.

"Innovation is about making it and getting out in front of people," he said, instead of working on something for five years and spending all your money to discover it doesn't work or won't sell.

"You don't design for other people. You design with them," said Lachman.

TORSTAR NEWS SERVICE

Platform for new ideas

Some innovations at this year's Canadian National Exhibition.

Candy Cutlery: Lyn Chen, 18, and four other teens want to bring edible utensils to market. Candy spoons are aimed at the premium dessert market.

Selfraits: Participants will get a free emailed image of a 360 degree scan. They can also purchase a 3D figurine from the pose that will be shipped to them.

ZooShare: The non-profit will be showing off plans to build a biogas plant across from the Toronto Zoo, paying the zoo for poo from animals as well as a grocery chain for food waste.

Little Storybook: Children can write and draw their own storybook, and make them come alive, using augmented reality.

TORSTAR NEWS SERVICE

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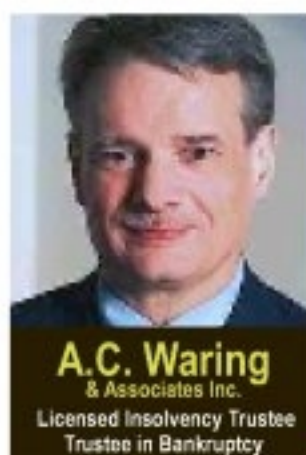


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DECODED by Genna Buck and Andrés Plana

UNDER THE SURFACE OF POOL SAFETY

Nothing is better than a summer swim — but if there's no lake or ocean near you, there's a good chance you'll be splishing and splashing in chlorine. The somewhat stinky chemical is necessary to kill harmful bacteria. There's also a good reason for the rule about taking a shower before swimming, even though it's tempting to skip that step and dive right in. **Here's why.**

When pure chlorine (a reactive, greenish-yellow gas) is added to water, a reaction happens:

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STINKY POOL FACTS

GROSS: When nitrogen-containing compounds in sweat, urine and dirt react with HOCl, they form pungent, irritating chemicals called **chloramines**.

So if you're swimming somewhere that reeks of chlorine, it's not an excess of pool chemicals you smell — it's you.

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FINDINGS Your week in science



MOUSE MICROBES

Scientists think they've nabbed the smallest culprit in the reproducibility crisis. Differences in bacteria living in the guts of lab mice seem to account for some differences in results of identical studies.

FIFTH FORCE?

A team of Polish scientists minding their own business, chucking protons at sheets of lithium to look for signs of dark energy, say they've found something far more interesting: A new, super-light subatomic particle. Its existence, if confirmed, would imply an additional type of force in the universe aside from the fundamental four we know.

SOUND SMART

STOICHIOMETRY

DEFINITION
Stoichiometry is the precise calculation of reactants and products in a chemical reaction. Using **stoichiometry**, scientists balance chemical equations so they're equal on both sides. That's because matter cannot be created or destroyed.

USE IT IN A SENTENCE

Deborah's **stoichiometry** was off. She put too much baking soda in her volcano and her "lava" ended up all over the floor.

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CITIZEN SCIENTIST by Genna Buck

Beware of beauty science

How can I tell if beauty product claims are legit? — E., Ottawa

Here's what I do: I look at the label, then pop the name of the active ingredient into Google Scholar with the words "systematic review," to see if it's among the few (like retinoids, a wrinkle remedy), supported by research.

But usually I don't find much. That's because B.S. (beauty science) is rife with exactly what its acronym implies.

Beauty bafflegabbers — bloggers, estheticians, women's

magazines, salespeople, even my more cosmetic-savvy friends — can be very convincing with their "facts." They say "You need this, it's good for you," so confidently, and they always look impeccable, and beauty noobs like me can easily be taken in.

But lately I've been pushing back and asking these B.S.ers "What's the evidence for that?"

Their evidence typically consists of appeals to authority and/or celebrity (dermatologists/Chinese healers/Angelina Jolie use this), and vague assurances the

product is "clinically proven."

Well, a 2013 study showed more than 80 per cent of claims in beauty ads are either false or so vague they're meaningless. Don't even get me started on clinical studies of cosmetics: They rarely include more than a handful of participants, are done in-house by the companies themselves, and willfully use biased methodology.

There's only one way to navigate this minefield of B.S. Brush up on your science vocab. I recently re-watched Crash Course Chemistry and Crash Course Biol-

ogy on YouTube (I forget everything I learned in university). And suddenly I've been noticing flagrant misuse of technical terms everywhere. Example: A wrinkle-care mask that exclaims "formulated with peptide!" on the label.

Peptides are chains of amino acids — a.k.a. the fundamental building blocks of proteins, and therefore all living things. You'd be better off laying a slice of roast turkey on your face.

Science Question?
Tweet @genna_buck



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Ben-Hur's chariots of ire

ANALYSIS

Filming that famous scene throughout movie history

Richard Crouse
For Metro Canada



Ben-Hur director Timur Bekmambetov compares the legend of a Jewish prince falsely accused of treason by his adopted Roman brother to Romeo and Juliet, Hamlet "and any story written by Chekhov."

Ripe with betrayal, revenge and redemption but shaded with love and compassion, Bekmambetov says the story of Ben-Hur is "timeless."

"The conflicts the characters experience are as relatable today as they were in Roman times or 1880, when Lew Wallace wrote the novel. It's human nature and that doesn't change," says producer Sean Daniel.

The human story is the engine that propels the Ben-Hur narrative, but throughout film history it's the tale's chariot race that entertains the eye. In version after version the showdown between the hero and his duplicitous brother is the centerpiece of the action.

This weekend Bekmambetov's big-budget version of the story stars Jack Huston as Judah Ben-Hur and yes, there is a chariot race. "It was very, very dangerous work," the director says of the scene that took 45 days to shoot

and featured 90 trained horses. Each chariot was attached to four horses and could reach speeds of 65 to 70 km/h. "There's no suspension," says Bekmambetov. "It's shaky, it's vibrating. The horses are snorting around you, behind you. It's absolutely unprotected. You feel like you're in the hands of fate."

No animals were harmed during the shooting of Bekmambetov's chariot race and, remarkably, the only human injury was a broken arm. Historically, however, shooting the chariot scenes has been fraught with problems.

Toronto-born director Sidney Olcott's 1907 silent version focused on the race. Shot on a beach in New Jersey with local firemen as the charioteers and firehouse horses pulling the chariots, the scene was lifted directly from the novel, which triggered the first major copyright infringement case in movie history. It wasn't standard practice to ask the author's permission before adapting their work, but after Ben-Hur the Supreme Court decreed film companies must obtain rights to previously published work.

According to an MGM memo 1925's Ben-Hur A Tale of the Christ's chariot sequence took 42 cameras and two months

to shoot at a cost of \$500,000. The result was 60,960 metres of film which was whittled down to 228.6 metres. The completed sequence was named the Most Edited Scene of all Time by The Guinness Book of World Records and was copied, almost shot-for-shot in the animated film The Prince of Egypt and in the pod race scene from Star Wars: Episode I – The Phantom Menace.

The spectacular scene featured thousands of extras, including William Wyler, who would go on to direct the most famous version of the story, the 1959 movie starring Charlton Heston.

Legend has it that a stuntman was killed during the shooting of the Wyler's legendary sequence but according to Snopes.com the rumour is false. In fact it was 1925 shoot that claimed the life of a stuntman who was killed when his chariot wheel broke and he was thrown in the air.

On Wyler's set a stuntman was injured when his chariot overturned and two other horse drawn carts crashed into a bank of cameras but no one was hurt. Later, when Heston, who did most of his own driving in the scene, was asked if he liked shooting the scene he said, "I didn't enjoy any of it. It was hard work."



In the latest incarnation of Ben-Hur, the chariot race scene took 45 days to shoot and featured 90 trained horses. Jack Huston plays Judah Ben-Hur. CONTRIBUTED

MOVIE RATINGS by Richard Crouse

War Dogs ★★★
Hell or High Water ★★★★★
Kubo and the Two Strings ★★★★★
Ben-Hur ★

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Jonah Hill as arms dealer Efraim Diveroli in *War Dogs*. "I try to approach it from a therapeutic point of view," he says of playing real-life people. "Get into the psychology of why people behave the way they do." CONTRIBUTED

How to channel an arms dealer

INTERVIEW

Jonah Hill had homework to do to play Efraim Diveroli

Richard Crouse
For Metro Canada



By definition the term 'war dogs' refers to "bottom feeders who make money off war

without ever stepping foot on the battlefield."

In the new film *War Dogs* Jonah Hill plays Efraim Diveroli, a true to life 20-something arms dealer who fits that description to a tee.

"You try to understand why someone would end up like that," Hill says when I ask how he got inside the head of the fast-talking character. "It might be a combination of wiring, lack of empathy, ego and insecurity and obsessiveness. I don't know. I try to approach it from a therapeutic point of view. Get into the psychology of why people behave the way they do. Probably most actors do that."

He wasn't able to meet the real-life Diveroli but he was able to piece together the character without a face-to-face.

"I would always prefer to meet the person but if someone was playing me in a movie I would give them the best version of myself. A lot of times when you meet the person you end up having to be a really good editor, choosing what to include, but always I found meeting the people around them ends up being more helpful to me because they are giving you a parts-and-all portrayal of the person at that time."

Hill found that version of Diveroli from many sources.

"I had a lot of help," he says. "I got to meet David, who Miles (Teller) plays, and a few people who knew Efraim at that time. The biggest key was that they are from Miami and Miami culture is very specific. There is a very big sense of the American

A lot of times Wall Street bros will come up to me as if the movie is their *Goodfellas* or *Scarface*

Jonah Hill, on how people misinterpret his morally ambiguous characters

dream there, in a positive and negative way. There's a big immigrant culture. People from Cuba and Haiti end up in America for the first time through Miami. Efraim is a corruption of that (American) dream."

In the film Efraim is a self-described "Ugly American," a borderline sociopath for whom belligerence is a default setting.

The unhinged nature of the character and Hill's venal glee in playing up the worst in human nature keeps *War Dogs* interesting but some audience members see it differently.

Recently a crew of South African arms dealers approached Hill in a restaurant after seeing a trailer for *War Dogs*.

They were impressed and wanted to high five the actor. He says the same thing happened after he made *Wolf of Wall Street*, another film

where he played a morally ambiguous character who struck a chord with the very people it was satirizing.

"A lot of times Wall Street bros will come up to me as if the movie is their *Goodfellas* or *Scarface*. People see what they want to see. It is a little scary sometimes when people misinterpret."

He describes the run in with the arms dealers as "uncomfortable."

"You don't want to make it an overly uncomfortable environment while that is happening," he says, "but you also don't want to lie and be dishonest that you are agreeing with them. You don't want to make them feel bad about their misinterpretation. It's an unusual awkward situation to be sure. In the end, we all want to be seen as heroes in our own story. I guess."



FILM BRIEF

West to return as Batman in new animated film

Adam West and Burt Ward are reprising their respective roles as Batman and Robin, but they won't have to don

tights this time around. The actors are voicing the characters in the animated film *Batman: Return of the Caped Crusaders* out this fall. Julie Newmar will also return as

Catwoman.

The movie's colorful style will recall the campy aesthetic of the 1960s live-action *Batman* TV series starring West and Ward. THE ASSOCIATED PRESS

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Travis Knight's Japanese-inspired tale follows a young boy on a quest to defeat evil spirits with a magic suit of armor. CONTRIBUTED

An impressionistic painting of Japan

INTERVIEW

Kubo and the Two Strings is stop-motion magic in film

Steve Gow
For Metro Canada



Whether it's the pressure of following in his father's famous

footsteps or just sheer love of the art, Travis Knight is changing the world of animated movies with an outsider's point of view.

After all, the founder of Laika studios isn't just situated far from Hollywood in the suburban sprawl of Portland, Oregon, but with his new film *Kubo and the Two Strings*, the son of Nike boss Phil Knight is redefining the summer blockbuster by tapping an ancient art form most movie studios eschew — stop-motion animation.

"The thing that's unique in stop-motion is that it's handcrafted, that what you're seeing on-screen is the sum total of the will (and) skill of hundreds of artists," said Knight, who's clearly confident his handcrafted creation will flourish against Hollywood's biggest computer-effects features.

"In a world that's glossy and perfect and digital, something that has this beautiful imperfection on-screen — there's something that's special about it."

With *Kubo* mounting critical acclaim, Knight's Japanese-inspired story of a young boy on a quest to defeat evil spirits with a magical suit of armor not only



In a world that's glossy and perfect and digital, something that has this beautiful imperfection on-screen — there's something that's special about it

Director Travis Knight on stop-motion

entertains, but it's also deeper (and perhaps spookier) than most kid-friendly blockbusters.

"The goal is not to traumatize children although we've been accused of soaking a few bunk-bed mattresses in our day," laughed Knight.

"Hopefully what we explore are some meaningful issues — things like loss and grief, and

hopefully we take a little bit of the sting out of it because while the world we're creating has a nodding acquaintance to reality, it's not reality — it's a stylized world."

Kubo marks the first feature the veteran animator has directed in Laika's oeuvre (which includes *ParaNorman* and *Coraline*).

While Knight insists he was

always waiting to mature into the role of helmsman, *Kubo's* story also spoke specifically to him — having been influenced early on by a childhood trip to Japan.

"From the moment I set foot in Japan it was like I'd been transported to another world," admitted Knight who returned with a lifelong appreciation for Japanese art that he aimed to showcase in *Kubo*.

"It's almost an impressionist painting of Japan but like an impressionistic painting, which is not meant to capture reality, it's meant to capture feeling and experience — I hope that's what we captured in this film."

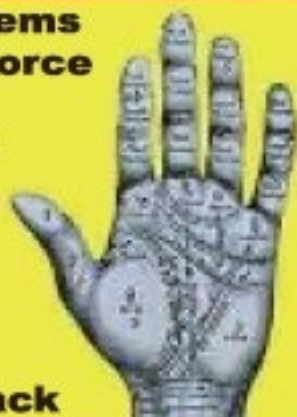
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Parker haunted by rape allegations

THE BIRTH OF A NATION

New details could derail actor's march to the Oscars

"Festival fever" is the name the film industry gives to the inflated reception a movie can experience at a festival, where exuberant audiences and the competition of negotiations can ratchet up a film's hype and price tag. But what can appear a sure-fire hit in the mountains of Sundance can turn into an expensive headache on the way to theatres.

As Nate Parker's *The Birth of a Nation* continues to be enveloped in a rape case from 1999, Fox Searchlight — the art-house studio that plunked down a Sundance Film Festival record of \$17.5 million for the distri-

bution rights to the Nat Turner slave rebellion drama — might be questioning its sizable investment.

The fortunes of *The Birth of a Nation*, to be released Oct. 7, are very much in flux as the details of a 17-year-old rape accusation are derailing the film's expected march into Oscar season. *The Birth of a Nation*, co-written, directed and starring Parker, has been celebrated as an urgent and important film for both an America roiled by protest over racial equality,

“

It's going to be hard enough for Nate Parker to walk into a room in Hollywood now, let alone win awards.

Veteran Oscar pundit
Sasha Stone

and for Hollywood, which is still dealing with a diversity crisis.

But the new-found attention on Parker has dredged up a rape allegation made against him when he was a student and wrestler at

Penn State University. Parker was acquitted, though his college roommate, Jean Celestin (who helped create *The Birth of a Nation*) was initially found



Nate Parker is the co-writer, director and lead star of *The Birth of a Nation*. AP FILE

guilty of sexual assault. That conviction was later overturned when the accuser declined to testify for a retrial.

The case garnered a lot of attention at Penn State. Parker and Celestin allegedly harassed the accuser on campus. The incident spawned a civil lawsuit by the woman against

the college with a settlement of \$17,500. But, as was first reported Tuesday, the accuser, after several previous attempts, committed suicide in 2012. Her brother, identified only as Johnny, told *The Hollywood Reporter*, "If I were to look back on her very short life and point to one moment where I think

she changed as a person, it was obviously that point."

Fox Searchlight on Wednesday declined to comment on the revelations. On Friday, the company said it stood behind Parker and the film.

Now married with five daughters, Parker posted on his Facebook page late Tuesday

that he was "filled with profound sorrow" after learning the fate of the woman Tuesday and regretted that he didn't show "enough empathy."

"While I maintain my innocence that the encounter was unambiguously consensual, there are things more important than the law," he wrote. "There is morality."

Where this leaves one of the fall's marquee films is an open question. Sasha Stone, a veteran Oscar pundit and editor of *AwardsDaily.com*, says the situation is unlike any she's seen before. Though she has mixed feelings about the quick-to-judge mob mentality of social media, she believes the awards prospects of *The Birth of a Nation* have likely been irreparably damaged.

"I don't know how you separate those details and those actions from the guy people are supposed to be celebrating," says Stone. "It's going to be hard enough for Nate Parker to walk into a room in Hollywood now, let alone win awards."

The Toronto International Film Festival is screening the film next month.

THE ASSOCIATED PRESS

MUSIC

Stirling's ode to a sombre year

Electronic violinist Lindsey Stirling's emotional roller coaster of a year included the death of her best friend and keyboardist and learning that her father had cancer.

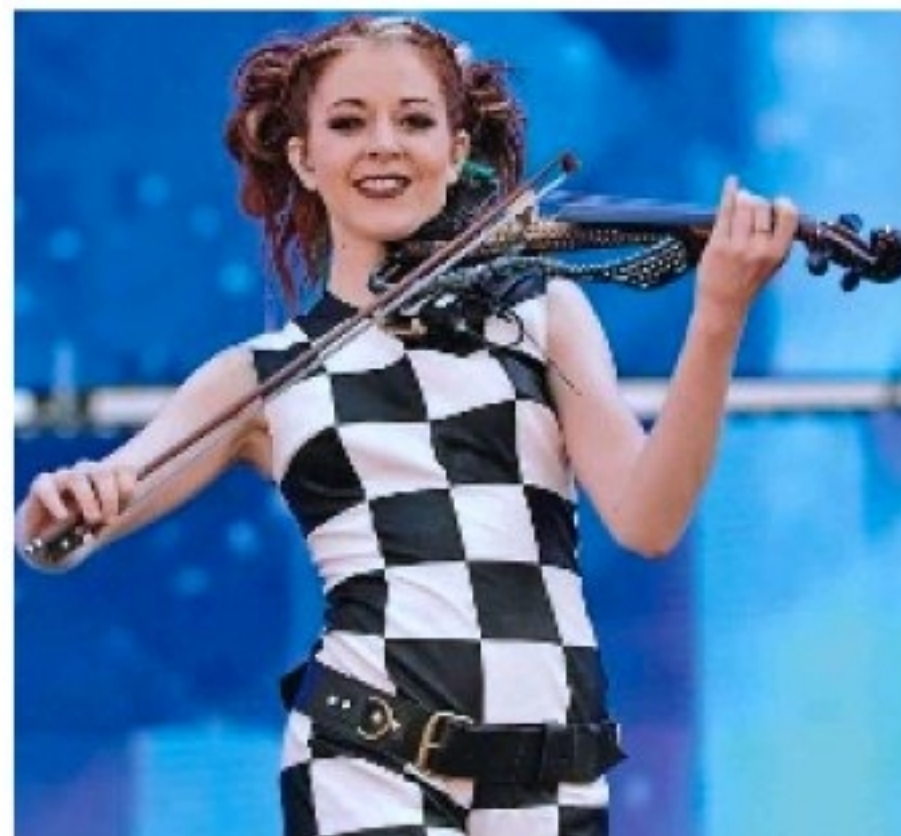
Stirling tried keeping busy with work instead of dealing with her feelings head-on. And as she began composing new songs, things weren't coming together.

"At first I was writing the most depressing stuff. ... It just wasn't very great music ... and it didn't have a lot of depth to it," Stirling said. "I kind of realized I have to process these emotions myself before I can write about them."

Once she gave herself time to grieve and deal with life away from work — which included travelling home to Arizona to be with family and going to therapy — making music felt natural again, and therapeutic.

"I want to learn how to open my heart up more," she said. "A lot of times I hide from emotions by just working and distracting myself."

Stirling, 29, reached that goal and came through stronger with *Brave Enough*, a new album she says is her most cohesive release yet. She closes the 14-track set with the emotional instrumental track *Gavi's Song*, an ode to her friend and fellow musician



Electronic violinist Lindsey Stirling releases her new album, *Brave Enough*, on Friday. ROB GRABOWSKI/INVISION/AP FILE

Jason Gaviati, who died last year after battling Burkitt lymphoma.

Brave Enough, out Friday, features collaborations with Zedd, Weezer's Rivers Cuomo, Lecrae, Christina Perri and Andrew McMahon. It's the follow-up to 2014's *Shatter Me*, the gold-certified album in which Stirling wrote about overcoming anorexia. It won top dance/electronic album at the Billboard Music Awards, besting releases

from Calvin Harris, Avicii and Disclosure.

"I'm not being self-deprecating here, but it's weird to see your name with people (like them)," she said.

Stirling agrees she's an electronic artist, but says it's hard to really pinpoint her sound and style: "I still kind of call myself that 'cause I just don't know what else to call myself."

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Winter's coming and Swedish actor Joel Kinnaman is ready

INTERVIEW

Star talks about working in -30C weather and icy water plunges

Coming from Sweden, Joel Kinnaman has done some rolling in snow and leaping into ice-cold water "for pleasure."

So plunging into a hole in the ice in a Sudbury, Ont.-area lake while filming drama *Edge of Winter*, opening Friday, should have been easy. But there was something missing: the steaming sauna that comes first.

"You get this real endorphin rush out of it but it's different when you don't have a sauna," Kinnaman said with a chuckle of the scene where his character rescues his son (played by Spider-Man Tom Holland) after he falls through ice.

"Condition-wise, it was the toughest shoot I've done," Kinnaman said of the primarily night shoots in wooded areas with temperatures below -30 C.

Born in Stockholm to a Swedish mother and American father, 36-year-old Kinnaman lives in Los Angeles but says 90 per cent of everything he's done onscreen since leaving Sweden has been in Canada.

He may as well be an honorary citizen. Like a typical Canadian, Kinnaman spends time talking up the Great White North to those unfamiliar with the country, explaining, "if Sweden and America had a baby, it would be Canada."

Kinnaman first drew notice in 2010 when the Swedish crime thriller *Snabba Cash* (*Easy Money*) hit theatres in his homeland. A huge box office and critical hit at home, the movie screened at the Toronto International Film Festival before a brief theatrical run in 2012.

Kinnaman's made-in-Canada credits include the Toronto-shot box office titan *Suicide Squad*, where he plays elite soldier Rick Flag. He also shot the 2014 remake of *RoboCop* here and co-starred in four seasons of AMC crime drama *The Killing* in Vancouver.

He's back to the West Coast soon to begin work on new Netflix sci-fi series, *Altered Carbon*.

Kinnaman spoke to the

Star from L.A. where he shared insight into some of his characters.

Edge of Winter

Kinnaman plays Elliot, a separated dad not known for making good choices. He takes his young sons (Holland and Percy Hynes-White) on a trip to the woods where he hears the unwelcome news that he is losing custody. Mounting desperation quickly makes him irrational.



Joel Kinnaman stars in *Edge of Winter*, a Canadian-shot drama. CONTRIBUTED

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"What really drew me to the script and the story was it wasn't black-and-white," he said. "It's really hard to try to create sympathy for a character who becomes a danger to his children's life."

Kinnaman, whose mother is a therapist, spent a lot of time researching and working out the roots of Elliot's psychological makeup, "and what was broken in him."

He figured Elliot had a borderline personality disorder. "The whole feeling of being left, being deserted is

ful, it knocks him out. He can no longer think like a normal human being."

Suicide Squad

"I had a lot of fun playing this guy," said Kinnaman of Rick Flag, the reluctant commander of the *Suicide Squad* gang of misfits and criminals. Director David Ayer, who was once in the U.S. navy, "was very generous with his own experience," Kinnaman said. He also had the actor train for months with military advisers to get ready for the role.

learning experience to get to spend so much time with these guys and to me that became almost a bigger reward than the film itself," Kinnaman said.

The Killing

As swaggering ex-junkie Det. Stephen Holder on the AMC series, his character's wonky aphorisms were beloved by fans, who dubbed them "Holderisms."

"He has his own logic," laughed Kinnaman, who said he was grateful to have so

evolution of Holder's character and his relationship with co-worker Sarah Linden (Mireille Enos).

"You get the opportunity to do that on a TV show and also when you and the writers kind of hit this creative stride together where it becomes clear what the logic of this character is and it can be illogical."

Case in point: "(Holder) could be a sushi chef but at the same time, he doesn't know how to cook pasta."

GOSSIP BRIEFS

Amy Schumer hints she's done with show

Amy Schumer has hinted that she's done with her Comedy Central series *Inside Amy Schumer*. "We aren't making the show anymore," Schumer tweeted Wednesday night.

After that, Schumer re-tweeted a fan's sorrowful comment that the show might be ending.

Until now, there had been no indication the sketch-comedy series might be nearing its conclusion. After four seasons, it remains a popular and critical hit, having won a Peabody Award and two Emmys, with four Emmy nods this year.

Representatives for Schumer and Comedy Central, which has ordered a fifth season, had no immediate comment.

THE ASSOCIATED PRESS

Cold sidelines Adele concert in Arizona

A bad cold prompted British singer Adele to postpone her sold-out concert Wednesday night in Phoenix.

The multiple Grammy Award-winner says she pushed herself too hard Tuesday night at Talking Stick Resort Arena in downtown Phoenix. Adele says in a somewhat raspy voice on her website that fans hearing it know Wednesday's show "wouldn't be very good."

She adds: "I'm really, really sorry."

THE ASSOCIATED PRESS

Altered Carbon

Kinnaman, who will return for Season 5 of *House of Cards* as New York Gov. Will Conway, is off to Vancouver for eight months to shoot the ambitious new Netflix sci-fi series based on Richard Morgan's 2002 futuristic novel. He'll play series lead Takeshi Kovacs.

"I don't know if I've ever been this excited about a job before," Kinnaman said.

"It's crazy, it's gonna be so dope."

TORSTAR NEWS SERVICE

CANADIAN MUSICIANS TALK 'CANADA'S HOUSE BAND'

Thirty-three years ago, five Kingston friends formed a band —The Tragically Hip. Their musical journey earned them numerous accolades and awards. It also earned them the love and respect of their Canadian peers. Here, three fellow musicians talk about what the quintessentially Canadian rock group means to them ahead of The Hip's final show. **TORSTAR NEWS SERVICE**

Kevin Hearn, Barenaked Ladies, founded 1988
 "Canada's house band," "iconic" — both fitting and well deserved descriptions of the Tragically Hip. They are good people, and solid musicians. They are a great rock band. The well-executed, no-frills music provides a perfect backdrop for Gord Downie's intelligent lyrics and poetic insights. The many songs devoted to our folklore and experiences further cement the Hip as Canada's band. I had the honour of playing piano and accordion on their record "We Are the Same." I also played piano and keys on Gord's wonderful solo record *Coke Machine Glow*. Gord was very easy to work with. His songwriting/vocal abilities, and gentle disposition made it very easy for me to relax and play naturally. Gord is a beautiful human being, an inspiring poet, and a brilliant friend. Long live The Hip.



Ron Sexsmith, solo musician began 1991
 I first met Gord in '96 at the Wetlands in New York City. I was opening for a band there and he'd come out to hear my set. I was pretty flattered, star-struck and many other adjectives as well. He invited me to his show the next night, which as it turned out was opening for Page and Plant at Madison Square Garden! I was always amazed at the devotion of their audiences. Musically, it was never a mystery to me because, like all great bands, when they're playing, it's like something you can't get anywhere else. But I often wondered what Gord's lyrics meant to them, because they could be so impressionistic and hard to penetrate. At the same time his words seemed to clearly resonate with them all in a very personal and beautiful way. In some ways, they've become the ultimate Canadian band — an enigma to the rest of the world perhaps, but our enigma.



Jim Cuddy, Blue Rodeo, founded 1985:
 When we started in 1985 there seemed to be a desire from Canadian music fans to see and hear music that reflected their own lives. The Tragically Hip fit that bill. The members of the band felt familiar and were immediately recognizable. We had all gone to school with someone like Gord, the inspired rock poet. Audiences became devoted to these bands who spoke to them about their own experience and the bands of that era worked tirelessly — we all toured all the time and went everywhere. Gord has always been a perfect anti-rock star; down to earth and very humble. This has also inspired devotion from his fans. He was one of the first of his generation to mythologize Canadiana in song. He is a musician I greatly admire for his honesty and his talent.



YouTube sensation hitting high notes with 'Fight Song'

Canadian YouTube star Mike Tompkins still marvels at the list of celebrities that came through for a music video he co-created in support of Hillary Clinton.

Stars from Jane Fonda to Rob Reiner and Sia turned out to record an a cappella rendition of Rachel Platten's *Fight Song* to be screened at last month's Democratic National Convention.

The Edmonton-born Tompkins also appears in the video, which now has nearly two million views on YouTube.

"It was pretty cool working with Jane Fonda. She's such a living legend," he said in an interview for the recent YouTube FanFest in Toronto.

"Every moment was kind of like, 'What's happening right now?' I didn't even know who was going to be coming in, so it was pretty cool."

Tompkins said he was recruited for the project by actor-filmmaker Elizabeth Banks, with whom he'd previously worked on a music video in support of the movie *Pitch Perfect*.

They worked with the celebrities over two days in Los Angeles and one day in New York. He only had 30 minutes



Edmonton-born Mike Tompkins poses for a selfie with Gonzo, one of his Muppet heroes. THE CANADIAN PRESS/AP-HO, YOUTUBE SPACE LA VIA LA

with each celebrity in-studio. Some stars submitted recordings remotely.

The singer/producer said it took about a month to put it all together.

"Hillary wasn't there, but the campaign was there and they were very involved in the whole process," said Tompkins.

"I was pretty happy when they were pleased with it."

Tompkins, who now lives in Nashville with his wife and son, has about 1.8 million subscribers for his YouTube

channel of a cappella covers and original songs.

He's been the opening act for the Jonas Brothers/Karmin tour and has worked with artists including Timbaland, Jennifer Hudson and t.A.T.u.

"It's cool to have been able to build a business doing what I love to do," he said. "I love to create and so I'm just thankful every day I get to create things and try new things."

One of the biggest names he's worked with? The Muppets, with whom he made an a cappella video.

"When the Muppets happened, it was kind of like, 'Well, I guess I'm done. What else can I do?'" he said with a laugh.

"I was such a fan as a kid and I was also just really obsessed with puppets and really wanted to be a puppeteer when I was a kid. So when I was working with the actual Muppets, it was like, 'This is it. I'm happy now. I can die now, happy that I feel like I've created something I don't know if I'll be able to top.'"

"I'm trying to top it. Trying to top my Muppets video. That's the next goal."

THE CANADIAN PRESS

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'Supergroup' TUNS talk dream bands

CANADIAN MUSIC

Veteran rock trio inspired by Willie Nelson, Mo Tucker

Ben Rayner
For Torstar News Service

TUNS is something of a "dream" band for anyone who's kept an ear tilted to the sublime rock-'n'-roll sounds emanating from Halifax since the early 1990s, when the always fertile scene in that lovely east coast port city briefly bubbled up to sufficient international attention at the height of the grunge era to be dubbed a potential "next Seattle."

Two of TUNS' three members — Chris Murphy of Sloan and Matt Murphy of the late, great Super Friendz — were there at Ground Zero watching (and making) all that hyperbolic nonsense happen back in the day, while Kingston-bred Mike O'Neill relocated there shortly before the beloved Inbreds released their third album, *It's Sydney or the Bush*, in 1996 and has stayed there ever since — more than long enough to by now rank as an actual Maritimer.

Together as TUNS, then, this trio of veteran Canadian indie-rockers is well deserving of the Hali-pop "supergroup" tag that's popped up in most press about the new venture since it started gigging last summer, although the lads themselves are justifiably wary of embracing such a loaded description.



My dream band is Willie Nelson's Family band. First of all, it's Willie, so there are no duds in the set, just silver and gold.

Matt Murphy



From left: Inbreds frontman Mike O'Neill, Super Friendz/Flashing Lights mastermind Matt Murphy, and Sloan's Chris Murphy have collaborated to form a Canadian indie rock supergroup called TUNS.

RANDY RISLING/TORSTAR NEWS SERVICE

Torstar News Service had the band in for the second instalment of this year's Newsroom Concert Series a couple of weeks back, albeit not in the newsroom but at the Mill Street Beer Hall — a space where, as Season 2 openers White Lung recently demonstrated, we can let our guests play as loud as they wanna play without ticking off dozens of reporters filing to deadline.

We covered all the TUNS basics during the interview portion of the session, so instead of rehashing what curious viewers can learn with the simple click of a mouse, we thought it might be fun in this space to ask Murphy, the unrelated "other" Murphy and O'Neill what their personal ideas of a "dream band" might be.

Matt Murphy

My dream band is Willie Nelson's Family band. First of all, it's Willie, so there are no duds in the set, just silver and gold. Plus, the band is exactly as loose and spirited as I like.

They can play sweet and gentle on *Funny How Time Slips Away*, and then instantly launch into explosive, pill-popping fury on *Stay All Night*.

Chris and I have spent a lot of time emulating this style for our country outfit, Little Orton Hoggett and His Ten Cent Wings. And there's something of this in TUNS too, I hope.

Mike O'Neill

My dream band would be the Velvet Underground recording *Loaded*, but with Mo Tucker on drums. Musically, I think I could have jammed with them. But partying with them would have made me blush.

Chris Murphy

I loved the first *Elastica* record. I knew someone who knew Justine Frischmann so I felt like I had this 'in' when their bass player quit. I can't quite remember when this was. 1996?

Anyway, I imagined myself within reach of being able to make that happen but I didn't pursue it in the end. Probably for the best.

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INTERVIEW

Taraji P. Henson juggles NASA biopic, show and new book

Taraji P. Henson almost backed out of writing her autobiography because she was reluctant to expose herself to scrutiny. She could have bypassed a starring role in a film about NASA's unsung female mathematicians because of her taxing work as the formidable Cookie on Fox's *Empire*.

But the actress gathered her

will and did both. The result is *Around the Way Girl*, to be published Oct. 11, and the January theatrical release of *Hidden Figures*, in which she plays Katherine Johnson, one of the real-life African-American women who were a critical part of the space program.

Henson discusses both projects as she awaits the

Sept. 21 return of *Empire* and what's ahead for *Cookie* and her family after last season's cliffhanger ending.

Let's talk about your autobiography.

I am exposing myself and it is just very, very scary and there were a couple times where I almost backed out,

where I'm just going to write them their cheque and say, 'I just don't want to do it.' And it was my beautiful makeup artist, Ashunta Sheriff, who recalibrated me and focused on me on why I decided to write the book. People find my life inspiring. And, as an artist, that's what you should do: inspire people. ...

And your role in *Hidden Figures*?

I'm no mathematician, but I play one. It's a movie based on these incredible women who helped our men get to space. Who knew that? Who knew that women had anything to do with men getting to the moon? Who knew? You see all the footage, all the

documentaries, and you just see a room full of smoking men. So then I find out about these women and I redo my research and I'm like, 'OK, where's the woman?' I know I'm going to see her. Because now I know they exist.' That bothered me and I made it my mission to do this film.

THE ASSOCIATED PRESS

The Hip guide to Kingston

FINAL STOP

Proud Kingston girl shares tips for tourists



Kristen Lipscombe
Metro | Halifax

Every good Canadian knows the members of The Tragically Hip are from Kingston, Ont., but what does the average Canadian know about Canada's first capital city?

Yeah, you read that right. Kingston is the first capital of a United Canada and home of our first Prime Minister, Sir John A. Macdonald. Want to know more about the home of The Hip, just in time for the beloved band's Kingston concert Saturday night, which caps off an emotional Man Machine Poem tour? Here's a quick insider's look at Kingston, from a proud Kingston girl now living in Halifax, but always homesick for "K-town."

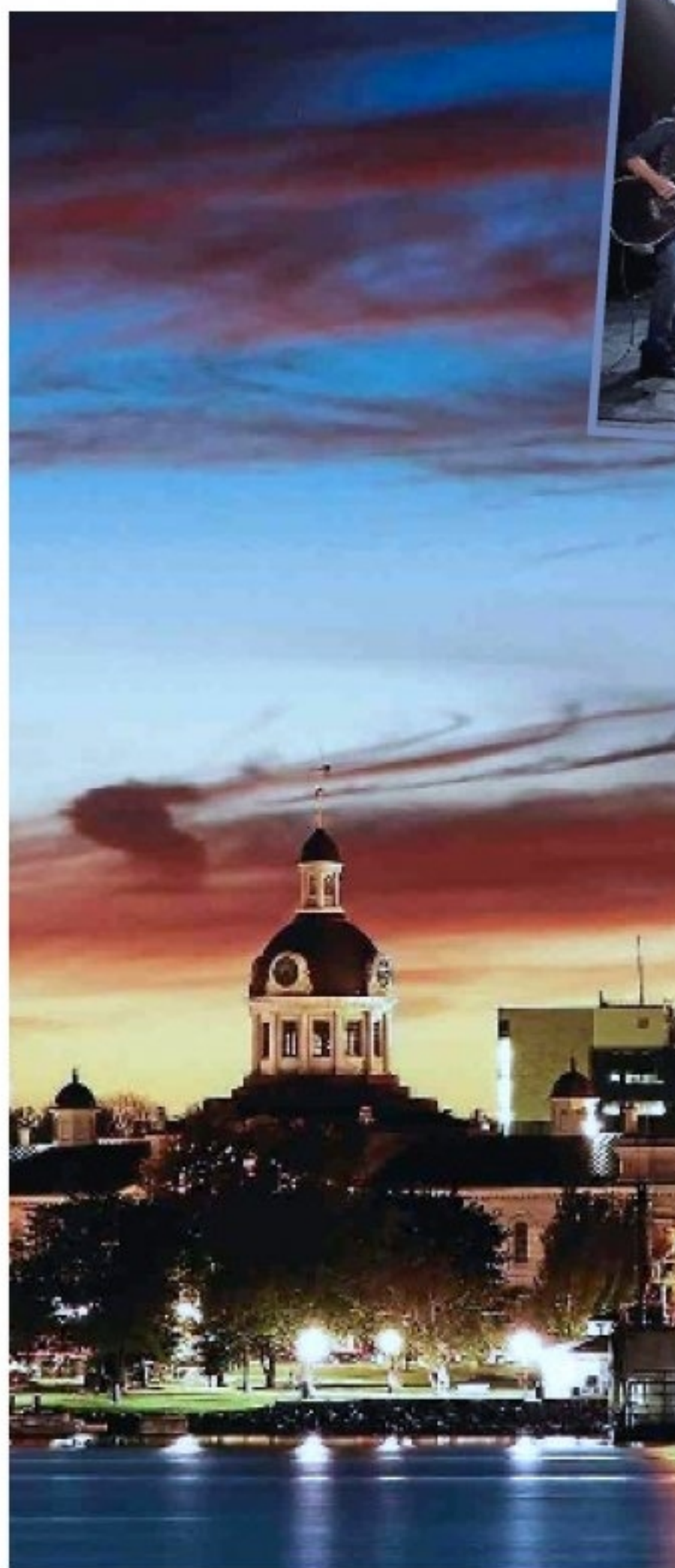
History

Kingston may be a small, sometimes even overlooked locale, nestled somewhere in southeastern Ontario among the bright lights of bigger cities such as Montreal and Toronto, but when it comes to Canadian tourism, it's actually a pretty big hotspot.

For history buffs, places to see include Bellevue House National Historic Site, which is where Sir John A. Macdonald lived while serving as Prime Minister and the Cataraqui Cemetery National Historic Site of Canada, which is where the first PM now rests.

Those interested in Kingston's strong military past can stop by Murney Tower National Historic Site of Canada as well as the famous Fort Henry National Historic Site of Canada, which was built during the War of 1812.

More recently, the infamous Kingston Penitentiary, which was built in 1833 and closed



If you're in Kingston this weekend for The Tragically Hip's final show, be sure to take in some Hip related sightseeing.

MAIN PHOTO ISTOCK, INSET PHOTO THE CANADIAN PRESS



down in 2013, has opened its doors for members of the public brave enough to enter. As Canada's oldest maximum-security prison, it housed some of the country's most dangerous and notorious criminals.

Where to eat

After shaking off those penitentiary cobwebs, check out the Kingston 1,000 Island Cruises, an onboard dining experience that takes you through the beautiful 1,000 Islands (and yes, that's how the salad dressing got its

name). Or if you're more the dry land type, head to gorgeous downtown Kingston, where Ontario Street runs along the waterfront and Princess Street offers plenty of shopping and restaurant options. Chez Piggy is one of the better known fine-dining restaurants, Pan Chanco and the Wolfe Island Bakery are fantastic for casual lunches, and Woodenheads has the best gourmet pizza.

Pubs such as The Toucan and the Tir Nan Og Irish Pub are great places for live music or to kick off a night on the town, while craft beer lovers should check out Stone City Ales.

name).

Or if you're more the dry land type, head to gorgeous downtown Kingston, where Ontario Street runs along the waterfront and Princess Street offers plenty

Bonus stop

The Hip are well-known for incorporating spaces and places across Canada into their lyrics.

If you're looking for a lesser-known Kingston location that happens to be mentioned in a Hip song, check out Skeleton Park, officially known as McBurney Park. It was established as a burial ground in 1819, but is now a public park, its playground and various daily activities eerily taking place atop unmarked graves. Rumours about neighbours finding bones and ghosts haunting the area have long been a part of local Kingston folklore.

"In Skeleton Park / One fine summer evening / The sun teased the dark / Like the last strawberry," Downie sings on a bonus track on the *We Are the Same* album, released in April 2009.

"I could hear them on the breeze / Hear them moving through the trees / The ghosts of the Rideau Canal start to sing / And patting grass you said / 'Come sit next to me, by my sweetheart' / Over in Skeleton Park."

+ CONCERT DETAILS

The final show of The Tragically Hip's 15-date Man Machine Poem tour takes place Aug. 20 at Rogers K-Rock Centre in Kingston, home of the Ontario Hockey League's Kingston Frontenacs, which can only welcome about 6,000 lucky Hip fans.

Kingstonians who won't make it into the arena can gather in Springer Market Square and surrounding streets, in the heart of the city's downtown core, for a free public screening of CBC Television's live stream of the concert. Saturday has been named The Tragically Hip Day in Kingston.

Other Canadians can attend viewing parties in their own hometowns (participating Edmonton locations include Denizen Hall, Rocky Mountain Icehouse and MKT Fresh Food & Beer Market) or watch the concert live in its entirety starting at 8:30 p.m. ET, as a "late breaking story" on the CBC.

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Morgan Dunlop
For Metro Canada

Unsure what to expect for my first trip to Prince Edward Island, I figured there would be plenty of Anne of Green Gables references, friendly Islanders and endless potato fields. I discovered an impressive amount of decadence alongside a quietly beautiful and calming landscape.

Perhaps juxtaposition is the birthright of a tiny island surrounded by water. After all, it's both Canada's smallest province and believed by many to be the birthplace of Confederation.

Here are the must-sees for any summer visit to P.E.I.

Beach

As we first set out to find the island's best beaches, we found ourselves driving along the coast with an endless supply.

Of PEI's 1,100 km shoreline, more than 70 per cent is beach. Unsure where to stop, we decided to follow a Bald Eagle until it flew out of sight. It brought us to Dalvay Bay Beach, with dunes as far as the eye can see, warm sand under foot and the crashing waves of the Gulf of St. Lawrence beckoning for a swim.

While many of the province's beaches are white, others are red. For one of the most stunning, follow red dusty dirt roads to Thunder Cove Beach. This beach is home to the iconic sea stack Tea Cup Rock and hundreds of metres of red



Time will fly by on a trip to P.E.I.

More than 70 per cent of the shoreline in Prince Edward Island is beaches. PRINCE EDWARD ISLAND TOURISM

sandstone cliffs to explore.

Eat

For fish and chips, Richard's serves fresh fish covered in light flakey batter, chips cut out of local potatoes and homemade dill and sundried tomato tartar sauce. Don't arrive starving. At its peak, the wait is up to an hour. But it's right on the wharf at Covehead so there's lots of fishermen and swimmers to watch.

For lobster rolls, the Lobster Barn Pub and Eatery in Victoria-by-the-Sea delivers a heap of juicy, fresh lobster on a warmed bun with a hint of homemade mayonnaise spread.

For a fiery feast, celebrity chef

Michael Smith's Inn at Bay Fortune uses local ingredients, including lobster-fed pigs sleeping out back, cooked completely over fire.

As you wander around the farm and herb garden, sampling as you go, chefs use locally sourced ingredients cooked in cast iron skillets over open fires, in smokehouse and in a wood oven.

The bulk of the meal is served among strangers who quickly become friends as you share the awe-inspiring feast.

Relax

For one of the most calming activities on the island, drive an electric golf cart, take a few

swings and immerse yourself in the scenic views (more than 25 golf courses interweave with the natural environment).

Experience islander charm as Saga Sailing Adventures Captain Kurt welcomes you on his 36-foot sailboat as if you're an old friend. Take the helm and explore the Charlottetown Harbour and the Northumberland Strait.

Stay

Do yourself a favour and book a room less than ten metres from the dining room after enjoying chef Michael Smith's Feast at The Inn At Bay Fortune. The simple, elegant guest rooms feature in-room fireplaces.

Staff will even set you up with

fresh marshmallows, roasting sticks and firewood for a private roasting party on the beach.

Fall asleep to the sounds of waves crashing at Dalvay By The Sea, surrounded by pine paneling, maple floors and walls made of the island's red sandstone. Fun fact: Kate Middleton and Prince William visited the property during the royal honeymoon tour.

For a top-rated B&B, enjoy carefully curated antiques, modern comforts and a warm reception from hosts Carol and Jay Macdonald at the Elmwood Heritage Inn in Charlottetown.

Morgan Dunlop's trip was partially supported by Tourism PEI



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5 CANADIAN REGIONS TO KNOCK OFF YOUR BUCKET LIST

Working as a travel journalist for the last 15 years I have been fortunate enough to travel the globe; some of the hidden gems I discovered were right under my nose.

LOREN CHRISTIE/FOR METRO



1 Cariboo Region, B.C.

Dominated by mountain scenery and the powerful Fraser River, British Columbia's scenic Cariboo Region embraces its heritage of cowboys and gold mining. The Echo Valley Ranch & Spa, near the town of Clinton, is uniquely positioned amidst the mountains, grasslands, canyons and forests of the interior, making it the perfect spot to explore your inner cowboy. Horseback riding, gold panning, bear viewing and campfires are just some of the activities offered by the hospitable owners.



2 Canadian Badlands, Alta.

Alberta's Rocky Mountain Parks are beautiful but the area south east of Calgary, known as the Canadian Badlands, has dinosaur bones! Dinosaur Provincial Park offers un-earthly scenery and the chance to be part of a real archeological dig. Would-be paleontologists are given a toolkit that includes a paintbrush, hammer and dental pick ... for the more delicate work.



3 Thousand Islands, Ont.

Nestled along the St. Lawrence Seaway between Toronto and Montreal, the Thousand Islands is cottage country at its most charming. Famous for the presence of shipwrecks dating back to the War of 1812, the area is actually comprised of 1,865 islands. Highlights including Boldt Castle, Millionaire's Row and Zavikon Island are best seen by boat. Public cruises are also offered.



4 Charlevoix Region, Que.

The Charlevoix Region north of Quebec City has a long-established reputation for agro tourism and fine dining. Explore Isle-aux-Coudres by bike or take a stunning rail trip to Baie Saint Paul. At most farms in the area, products can be sampled and purchased on site. The chefs in the region's various hotels and restaurants do their part by including local products in all of their menus.



5 Nova Scotia's northern coast

Nova Scotia's Highway 7 hugs the province's northern coast stretching from the New Brunswick border through to Cape Breton. The area is dotted with picture perfect fishing villages, stunning vistas and a number of attractions. Locals proudly boast that these are, "the warmest waters north of the Carolinas."

All images Getty

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SENIOR LIFE

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Brand new 100 Block West offers beautiful, easy-living in Morinville.

The four-storey building opened in the spring and tenants are already enjoying their lovely new homes. There are several units and floor plans available to suit your needs.

100 Block West is nestled in small town Morinville but it's not far from all the amenities you might need. The first floor is commercial with three storeys of rental units above. There's even a medical clinic and pharmacy on the first floor!

"We designed 100 Block West to be a quiet building for the 50-plus adult market," said Scott Jendruck, president of Trade Developments, developer of 100 Block West.

Utilities are included in the rent and because it is a geothermal building, rents won't fluctuate.

It is next to a park and in the heart of Morinville with its small, agricultural town feel. There's a grocery store within a short walk — or a few minutes drive — and it's only a nine or 10-minute drive to every kind of store in St. Albert.

"There are all the local amenities in Morinville but the major services are on the north end of St. Albert, which is not far away," Jendruck said.

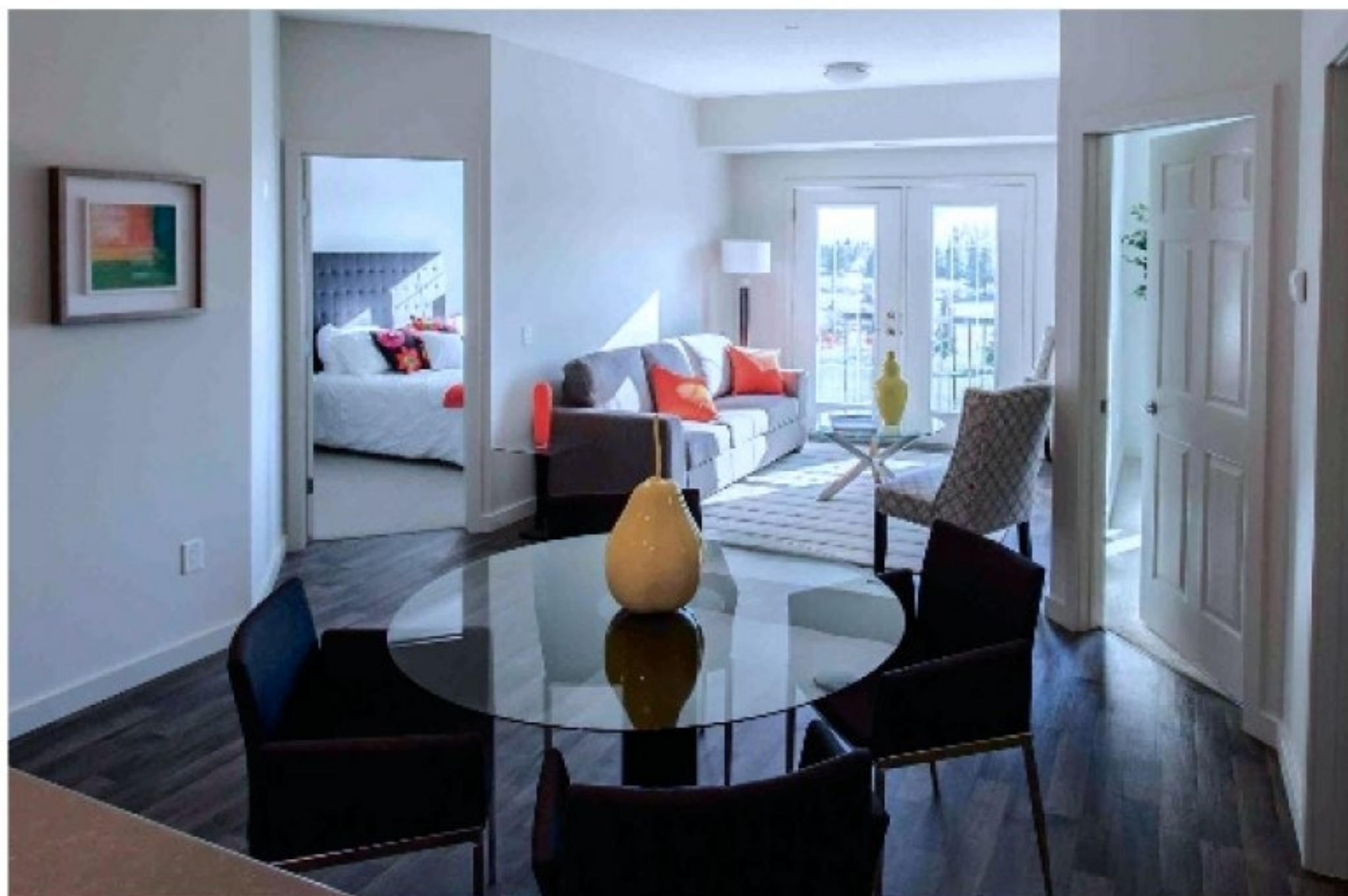
There are several different styles of units available to suit your needs. Plus, small pets are welcome.

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It's a quiet building and close to everything — including the seniors' centre and the park.

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— Scott Jendruck,
developer of 100 Block West

Suite talk. Designed to suit your needs



CONTRIBUTED

Suites with two bedrooms and two bathrooms are a great fit.

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Wiebe locks up gold

RIO 2016 Canadian wrestler shuts out opponents in final 2 bouts

They better have been singing O Canada loudly in Stittsville, Ont., on Thursday night.

Erica Wiebe, the pride of the suburban Ottawa town and Canada's newest Olympic wrestling gold medalist, belted out

the national anthem through welling tears and swelling pride and thought back to a visit she made to her hometown and a feeling of déjà vu.

"I visited my elementary school in June and I made all the kids sing O Canada with me and I got these tingles in my body in that moment," Wiebe said minutes after easily handling Kazakhstan's Guzel Manyurova 6-0 in the 75-kilogram gold-medal bout.

"I was really hoping they would hear me today because they sang way better than I did."

They may have sung better

back then but none wrestled better than the 27-year-old who now trains out of Calgary. Wiebe went unbeaten in four bouts to become Canada's first female wrestling gold medalist since Carol Hunyh in Beijing eight years ago.

Wiebe defeated Vasilisa Marzaliuk of Belarus 3-0 in the semifinals early Thursday after beating China's Fengliu



Erica Wiebe
GETTY IMAGES

Zhang 5-2 in the quarter-finals. She was an easy winner over Germany's Maria Selmaier in the opening round.

"She beat the top six women at last year's world championship so we knew she had it in her, it was getting her to do it in this arena," her Calgary coach, Paul Ragusa said.

"We had some major words that we focused on: grit, discipline, focus, being sharp and crisp, and that's what she was today."

The five-foot-nine Wiebe was a bundle of enthusiasm before the gold-medal bout, bounding

into the ring like she was on springs. And when it was over, the goal reached, the perfect day an emotional medal ceremony from being over, she first grabbed Ragusa, hugged him within an inch of his life and then carried him around on her shoulders for a victory lap of the mat.

"I just wanted to unleash everything I've put in over the last eight years," Wiebe said. "We work really hard and to not put it all on the mat, that's the worst feeling, that's what I wanted to do today."

TORSTAR NEWS SERVICE

RIO CanCon

Warner reels in bronze

Damian Warner captured bronze in the decathlon on Thursday at the Rio Olympics.

The London, Ont., native finished the 10-discipline competition with 8,666 points. He matches Dave Steen from the 1988 Seoul Games for the best-ever Canadian finish in decathlon.

Defending champion Ashton Eaton of the U.S. won gold with 8,893 points while France's Kevin Mayer took silver with 8,834 points. THE CANADIAN PRESS

Benfeito captures second medal of the Games

Diver Meaghan Benfeito capped off her Rio run in style after winning her second bronze and first individual medal.

The 27-year-old from Laval, Que., finished with an overall score of 389.20, behind Ren Qian and Si Yajie of China. She previously won bronze with Roseline Filion in the 10-metre synchronized event. THE CANADIAN PRESS

Henderson on birdie watch

Brooke Henderson made her move in the second round of women's golf.

The product of Smiths Falls, Ont., had five consecutive birdies to finish 7-under 64 and shot up the leaderboard into a tie for third with Britain's Charley Hull, closing in on South Korea's Inbee Park and American Stacy Lewis. THE CANADIAN PRESS



PHOTOS BY GETTY IMAGES

RIO In brief

Doping weightlifter stripped of bronze medal

It was a busy day for doping suspensions.

Doping officials announced Thursday that a weightlifter from Kyrgyzstan, swimmer from China, cyclist from Brazil and canoeist from Moldova all tested positive for drugs.

Kyrgyzstan's Izzat Artykov had won the bronze in the 69-kilogram category on Tuesday with a total of 339 kilograms lifted, but was stripped of the medal.

THE ASSOCIATED PRESS

Brothers win gold and silver in the triathlon

Alistair Brownlee of Britain successfully defended his gold medal in the men's triathlon. His younger brother Jonathan, who took bronze in London four years ago, moved up to silver this time around.

THE ASSOCIATED PRESS



GETTY IMAGES

TRACK AND FIELD

De Grasse fastest after Bolt in 200

He could not beat Usain Bolt. Nobody can, when it matters. When it matters, Bolt has all the answers. He dances in, wiggles and shakes and never shows nerves, because he knows he has the answer in his back pocket.

But Markham, Ont.'s Andre De Grasse had one last real head-to-head shot with the greatest, and if you want to be the greatest, you take your shot. Bolt says he will retire after the 2017 world championships: he will turn 30 on Sunday, and has already climbed all the mountains.

So, in the 200-metre final, Bolt tried for a last individual bout

“There was no laughing ... I wanted to challenge him for a gold medal.”

Andre De Grasse

of glory on the biggest stage on Earth, and the 21-year-old Canadian tried to run with him. Bolt danced in the intros, so comfortable. He said he wanted to break his record of 19.19 from 2009, but that was never on the table.

Still, dominant: a 19.78 that

left everyone behind. And the closest man to him was Andre De Grasse in 20.02.

"I was feeling pretty good. I was ready to try to challenge him and he just ran away from me," De Grasse told CBC. "It is what it is."

France's Christophe Lemaitre won bronze in a time of 20.12. But De Grasse was clearly the second-best runner in the field. Justin Gatlin, the American silver medalist in the 100, didn't make the final here. De Grasse did.

"It's my first Olympic Games I can't complain ... I'm just look-



Usain Bolt GETTY IMAGES

ing forward to the next one," he said.

"I never thought this would happen so it really is a dream come true." TORSTAR NEWS SERVICE

The Buffalo Bills have made a \$35-million deal to change the name of their home from Ralph Wilson Stadium to New Era Field

Brazil officials say 'no robbery was committed'

RIO 2016

Security footage sheds light on swimmers' wild night at Games

Brazilian police said Thursday that swimmer Ryan Lochte and U.S. teammates were not robbed after a night of partying, and that the intoxicated athletes instead vandalized a gas station bathroom and were questioned by armed guards before they paid for the damage and left.

The robbery that was or wasn't has become the biggest spectacle outside of the Games in Rio.

"No robbery was committed against these athletes. They were not victims of the crimes they claimed," Civil Police Chief Fernando Veloso said during an afternoon news conference.

The police account raised questions about whether it's possible Lochte and the swimmers believed they were victims of a robbery. Lochte's attorney has maintained that one took place. He, as well as Lochte's father and agent, did not return phone calls.

Lochte initially said he and Jack Conger, Gunnar Bentz and Jimmy Feigen were held at gunpoint and robbed. Police said earlier this week that they couldn't find evidence to substantiate the claim, and a judge ordered the swimmers' passports held. Lochte

had already returned to the U.S. but the others stayed, and Conger and Bentz were pulled off a plane at the Rio airport.

While some details in the official account of the story changed on Thursday — police first said no guns were involved, then backtracked and said two guards drew weapons — security video confirmed that the athletes vandalized parts of the gas station.

A gas station worker arrives, and other workers go to inspect the damage. Veloso said the swimmers broke a door, a soap dispenser and a mirror.

The swimmers eventually talk with security guards, who persuade them to walk to another section of the station.

As they talk, two of the swimmers put their hands up and all four sit down on a curb. After several minutes, they stand up and appear to exchange something — perhaps cash, as police said — with one of the men.

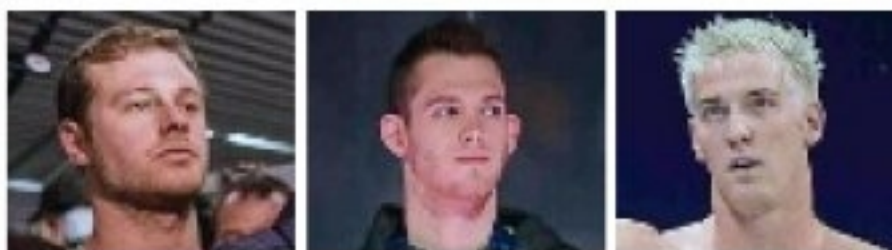
A police official speaking on condition of anonymity said two guards pointed guns at the swimmers. Veloso said the guards would have been justified in drawing their guns because the athletes "were conducting themselves in a violent way."

A station employee called police, and the guards and employees tried to get the swimmers to stay until authorities arrived, Veloso said. But he said the athletes wanted to leave, so paid 100 Brazilian reais (about \$33 US) and \$20 in U.S. currency and left.

THE ASSOCIATED PRESS



Ryan Lochte and his swimming teammates Jack Conger, from bottom left, Gunnar Bentz and Jimmy Feigen have been accused of fabricating parts of their robbery story from the Rio Olympics. ALL PHOTOS GETTY IMAGES



DOPING INVESTIGATION

Harrison agrees to meet with league

Steelers linebacker James Harrison is willing to meet with the NFL to discuss an alleged link to performance-enhancing drugs — but only five days after a deadline the league has imposed while threatening him and three other players with indefinite suspensions.

NFL Players Association attorney Heather McPhee sent a letter to the NFL on Thursday, accusing it of trying to "bully and publicly shame" Harrison without offering evidence beyond a brief mention in a TV interview last year that was recanted by the accuser.

Green Bay's Clay Matthews and Julius Peppers, and free agent Mike Neal also were threatened with suspensions.

The league's deadline for cooperation from the four play-

ers is Aug. 25. McPhee's letter says Harrison would meet with the NFL at 5 p.m. on Aug. 30 at the team's facility, and would only discuss the portion of the Al-Jazeera interview that mentioned the 14-year veteran.

In the report, Charlie Sly, who worked as an intern at an anti-aging clinic, made claims of PED use against several athletes, including the four linebackers. Sly later recanted his claims.

"Is the NFL aware of any credible evidence — other than the recanted remarks by one individual shown by Al-Jazeera — that indicates that there is any validity to the remarks about Mr. Harrison?" McPhee wrote to Adolpho Birch, the NFL's senior vice-president for labour policy and league affairs.

THE ASSOCIATED PRESS



James Harrison of the Pittsburgh Steelers and three other NFL players could face a suspension. GREGORY SHAMUS/GETTY IMAGES

HIGH JUMP

Drouin sets his sights on world record

It is the goal that dare not speak its name, this far-off thing that Derek Drouin has never really thought of or spoken about.

Now, however, it is the one thing left to conquer.

The newly minted Olympic high jump gold medalist — and defending world champion, the two biggies in his sport — figures he'll take aim at the third leg of the Triple Crown.

The world record.

It's been in the back of his mind but given the two medals he already has, it's getting closer to the forefront.

"After I cleared 2.40 (as a collegian in 2014) and I started getting questions about the world record, I think I kind of shifted my goals and it was, 'OK, it seems like the only reasonable thing to do is set sights on the world record,'" the jumper from Corunna, Ont., said Thursday.

"I think now it's even easier to say that when I've won a world championships, I've won an Olympic medal. It seems the only thing missing from the resumé is that world record."

The record, set by the iconic Cuban Javier Sotomayor in 1993,

"I'm prepared to do whatever it takes to win."

Derek Drouin

is 2.45 metres; the best Drouin has ever put up is the 2.40 two years ago and he won with relative ease at a season-best 2.38 Tuesday night.

It's not like the 26-year-old will target when he'll take his shot at Sotomayor's mark, that's

not Drouin's style. The six-foot-five jumper is more about winning, however it comes.

"It's just worked so much better going into a competition and rather than being like 'OK, I want to try to jump 2.45 or I want to jump 2.46 today,' it's 'I'm prepared to do whatever it takes to win,'" he said.

"So with the field that we have, the guys that are jumping right now, on any given day, it could take an attempt at the world record to win a meet so I feel like I'm prepared if that day comes." TORSTAR NEWS SERVICE

IN BRIEF

Jaguars' Fowler kicked out of training for fighting

Jacksonville Jaguars defensive end Dante Fowler Jr. was kicked out of practice Thursday following a skirmish with Tampa Bay Buccaneers guard Ali Marpet.

Coaches told Fowler to leave the practice fields late in the 2-hour joint session. Fowler, a second-year player from Florida, was not present during a media period. Jaguars coach Gus Bradley didn't see the altercation, but made it clear to players that no fighting would be tolerated. THE ASSOCIATED PRESS

CFL officials to take part in NFL exhibition games

Three CFL officials will work in upcoming NFL exhibition games. Edmonton native Justin McInnes will serve as a line judge Thursday night when the Oakland Raiders visit the Green Bay Packers.

It will mark the first time a current CFL official will work in an NFL contest and is the result of the two leagues' officiating development program. McInnes will work alongside head referee Bill Vinovich, a former CFL official who worked at a Super Bowl. THE CANADIAN PRESS

Five for five but not satisfied

NATIONAL LEAGUE

Bryant has banner day in a season filled with big ones

Kris Bryant came to the plate in the eighth inning a triple shy of the cycle. The Cubs slugger was trying for a little more.

"My last at-bat I was thinking home run," Bryant said. "There aren't too many games you can hit three home runs."

Bryant settled for an RBI single to cap a 5 for 5 day with two homers, a double and five RBIs. He helped Chicago overcome a career-high seven walks by Jake Arrieta to beat the Milwaukee Brewers 9-6 Thursday for a four-game sweep.

"I don't feel like this too often," Bryant said. "This was just one of those days when I was really locked in."

Bryant tied Colorado's Nolan Arenado for the NL lead with 30 home runs.



Kris Bryant had a standout two home run, five RBI day to add to his MVP-calibre season.

JONATHAN DANIEL/GETTY IMAGES

And as the Cubs won for the 18th time in 21 games and improved the best record in the majors to 77-43, the only controversy in their jovial clubhouse is whether Bryant or teammate Anthony Rizzo is the better NL MVP candidate.

"This was just one of those days when I was really locked in."

Kris Bryant

Two days after a circus catch of a foul ball, Rizzo doubled twice off Zach Davies (9-6). Rizzo has driven in 86 runs and Bryant 78.

"(Rizzo) always jokes around me saying when Miguel Cabrera won the Triple

THURSDAY In Chicago

9 CUBS **6** BREWERS

Crown, Prince Fielder was hitting behind him," Bryant said. "So he always tells me I'm his Prince. I can't say enough about having him behind me."

Chicago's ace welcomed Bryant's big day with the wind blowing out. The Cubs led 5-0 when Arrieta (15-5) issued a pair of two-out walks in the fourth. Kirk Nieuwenhuis followed with a three-run homer.

Hernan Perez hit a solo homer in the sixth off Arrieta, who allowed four runs and three hits in 5-2/3 innings.

Aroldis Chapman worked the ninth for his seventh save with the Cubs.

"I put myself in a tough situation," Arrieta said. "The first three (innings) were good. It kind of got away from me there, but we had a big day out of the offence."

THE ASSOCIATED PRESS

+ AROUND MLB

Orioles 13, Astros 5

J.J. Hardy and Chris Davis each hit two of Baltimore's six home runs, Hyun Soo Kim had a career-high four hits and the Orioles beat rookie Joe Musgrove and the skidding Houston.

Phillies 5, Dodgers 4

Maikel Franco hit a go-ahead two-run home run in the seventh inning and the Philadelphia Phillies beat the Los Angeles Dodgers.

Reds 5, Marlins 4

Ramon Cabrera hit a three-run homer, Dan Straily continued his second-half surge and the Cincinnati Reds made it eight wins in 10 series since the All-Star break with a victory over Miami. Straily (9-6) improved to 5-0 with a 2.68 ERA over his last six starts.

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AMERICAN LEAGUE

Shapiro shakes up Jays' front office

First-year president Mark Shapiro continues to put his own stamp on the Blue Jays, as the team announced the firing of two top figures in their amateur scouting department late Wednesday night.

Scouting director Brian Parker, who oversaw the organization's last four drafts, and national cross-checker Blake Davis were "relieved of their duties," according to a short news release sent out after word of their firing broke on Baseball America, the industry's leading publication on amateur baseball. The move is not particularly surprising given that Parker, who joined the Jays in 2009 as a pro scout, was hired by the previous front-office regime helmed by Alex Anthopoulos and had no pre-existing relationship with Shapiro or rookie general manager Ross Atkins, who both joined the Jays from the Cleveland Indians.

Shapiro made a slew of changes to the Jays' player-development ranks in the off-season, but had not meddled much with the scouting department until now. The timing makes sense, given that both the June draft and the non-waiver trade deadline are complete.

"I thought he'd done a good job, but at the same time this is



Mark Shapiro
GETTY IMAGES

par for the course in the industry," said John Manuel, editor-in-chief of Baseball America, regarding Parker's firing.

"A new president and general manager typically want to hire their own guys ... I really don't think Brian's track record, frankly, had anything to do with it."

Shapiro and Atkins declined interviews Thursday through a team spokesman, who added that Atkins would address Parker's firing Friday in Cleveland, where the Jays open a three-game series against the Indians. It's difficult to judge Parker's draft record when the bulk of his picks are still developing in the minor leagues.

But he was responsible for selecting several players who were used as part of pivotal trades, including Kendall Graveman (235th overall in 2013), part of the package sent to Oakland for Josh Donaldson; Jeff Hoffman (ninth overall in 2014), who was included in the trade for Troy Tulowitzki; and Matt Boyd (175th overall in 2013), who was part of a package for David Price.

TORSTAR NEWS SERVICE

Last season's top 2 already wounded

EPL

Arsenal and Leicester face off after big week 1 losses

When the English Premier League champions take on the runners-up, the stage should be set for a clash between two teams bursting with confidence.

That won't be the case when Leicester hosts Arsenal on Saturday. Not after both teams slumped to defeats on the opening weekend of the new season. Leicester manager Claudio Ranieri even talked about his team's target of avoiding relegation after a 2-1 loss to newly-promoted Hull, while Arsene Wenger conceded that his Arsenal side just wasn't ready for an opening match that ended in a 4-3 home defeat to Liverpool.

Along with the final score, a worrying aspect of Leicester's game was just how much Ranieri's defence lacked the protection of combative midfielder N'Golo Kante, who has joined Chelsea.

Having built last season's success largely on a counter-attacking game, Leicester also found it harder to change roles and take the game to its opponent. There was better news off the pitch, though, with Leicester's announcement on Wednesday that Algeria playmaker Riyad Mahrez, a key figure



Leicester's Riyad Mahrez shields the ball from Arsenal's Alexis Sanchez last year at King Power Stadium. MICHAEL REGAN/GETTY IMAGES

alongside 24-goal Jamie Vardy in last season's title triumph, had signed a new contract through to 2020.

For their part, travelling Arsenal fans will be hoping that some of the first-team regulars who were rested against Liverpool — including centre-half Laurent Koscielny — will be back in the side but there will

be no expectations of a repeat of their team's remarkable 5-2 victory in the Midlands last season.

The 66-year-old Wenger said he may be tempted to take the gamble of reintroducing Koscielny into the side while revealing both Aaron Ramsey and Alex Iwobi face three weeks out after picking up knocks against Liverpool.

"I will have to take a gamble maybe, but I will still have 48 hours to decide that,"

WEEK 2 MATCHES

FRIDAY

Southampton at Man United

SATURDAY

Man City at Stoke
Hull City at Swansea
Crystal Palace at Tottenham

Chelsea at Watford
Everton at West Brom
Liverpool at Burnley
Arsenal at Leicester

SUNDAY

Middlesbrough at Sunderland
Bournemouth at West Ham

Wenger said Thursday. "If I have to take a gamble on one, it's certainly on him (Koscielny)."

Elsewhere, Liverpool heads for newly-promoted Burnley, while Chelsea is away to Watford after Antonio Conte celebrated his first league match as Blues manager with a home win over West Ham on Monday night.

THE ASSOCIATED PRESS

BIG ADDITION
Record \$116 million (US) signing Paul Pogba will make his debut for Manchester United on Friday.



IN BRIEF

Evans leads Czech Masters

Ryan Evans shot a 6-under 66 to take the first round lead at the Czech Masters on Thursday. The Englishman, 29, who is seeking his first European Tour title, birdied the 18th to finish one stroke ahead of defending champion Thomas Pieters of Belgium and Swede Peter Hanson.

Coming off a fourth-place finish at the Olympic course in Rio de Janeiro on Sunday, Pieters surged to a 7 under after 6 holes but double bogeyed on the 8th. THE ASSOCIATED PRESS

NFL

Sharper gets 18 years for multiple rapes

Former NFL star Darren Sharper has been sentenced to 18 years and four months in prison in a case where he was accused of drugging and raping as many as 16 women in four states.

U.S. District Judge Jane Triche Milazzo sentenced Sharper on Thursday, telling him she couldn't understand how he did what he did, since he was college educated and obviously had grown up "in one of the most loving households."

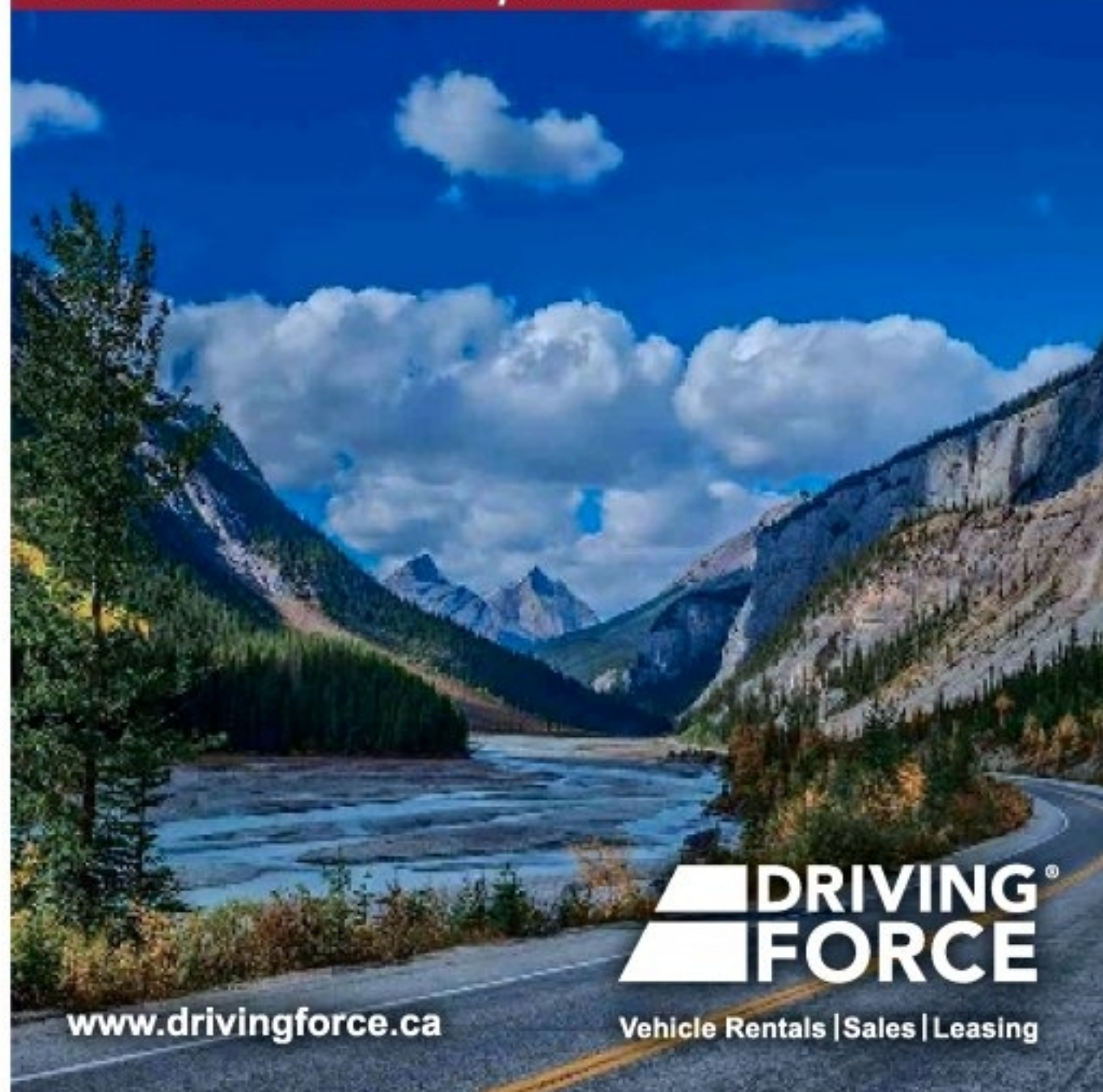
"We can never ignore the dam-



Darren Sharper
GETTY IMAGES

age you inflicted on those women," she said. Sharper had pleaded guilty in federal court in New Orleans to drugging three women so he could rape them. He also has pleaded guilty or no contest in state courts in four states to charges arising from allegations of drugging and raping women. THE ASSOCIATED PRESS

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RECIPE Pork and Black Bean Slow Cooker Chili



PHOTO: MAVA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Don't forget your slow cooker in the summer – nothing keeps your kitchen cooler!

Ready in 8 hours

Prep time: 20 minutes
Serves 4

Ingredients

- 3/4 cup bacon, chopped into inch-length pieces
- 500 gram pork loin, cubed
- Glug of vegetable or olive oil
- 2 onions, diced
- 4 cloves garlic, minced
- 1 sweet pepper, chopped
- 1 carrot, peeled and diced
- 1 1/2 tsp cumin
- salt and pepper to taste
- 2 x 19 ounce cans beans, rinsed
- 1/2 cup of strained canned tomatoes
- 1 cup water

Directions

1. In a large skillet, brown the bacon for about 5 to 10 minutes. Place on a piece of paper towel and drain almost all excess fat.
2. In small-ish batches, brown the pork in the skillet. Place the bacon and pork into the slow cooker.
3. Toss all of the vegetables in the skillet over medium heat. Sprinkle cumin over the vegetables and give it a good stir until they just begin to soften.
4. Place vegetables, tomatoes, water and beans in the slow cooker, stir and set to low for 6 to 8 hours.

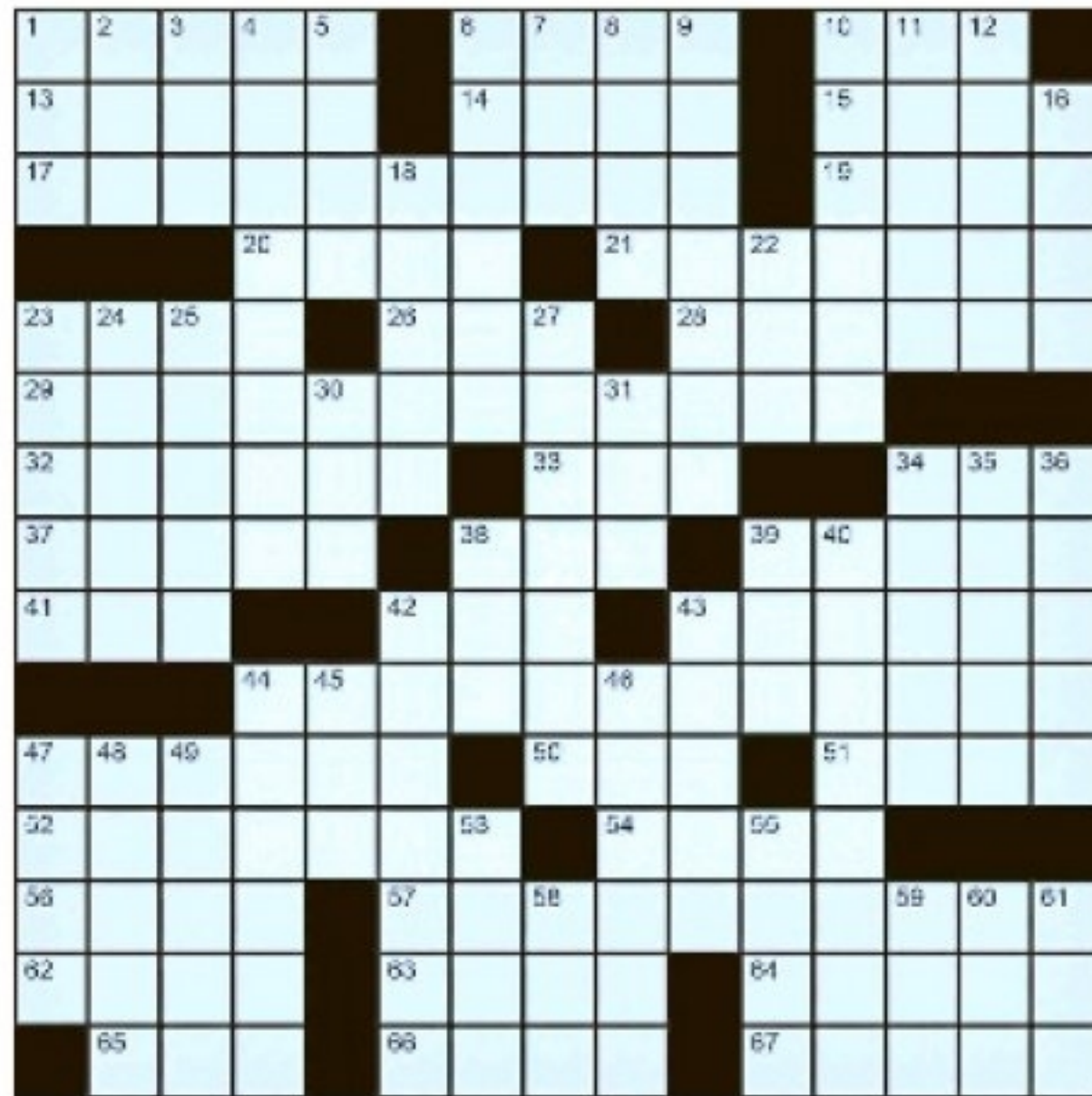
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. RIO 2016: Basketball, fun-style
6. Ms. Helgenberger
10. Mr. Hunter
13. "Coffee ___?"
14. Busy as ___
15. "___ surprised as you!"
17. RIO 2016: Prior to Rio, the last time Golf was an Olympic sport was St. Louis 1904 when a Canadian won the gold medal ...who was he?: 2 wds.
19. Pro ___ (Proportionately)
20. Brave New World tablet
21. Ottawa: The Red Chamber figure
23. Prefix meaning 'Eight'
26. ___ Beach, Hawaii
28. RIO 2016: Horse ___ (Component of #57-Across)
29. RIO 2016: Cross-Country need in Cycling: 2 wds.
32. Wayward
33. Electrical discharge
34. Judy, to Liza
37. The J. ___ Band
38. In favour
39. "___ film today..." (Beatles line)
41. Prince Valiant's son
42. The Col.'s eatery
43. CAA service
44. RIO 2016: ___ Swimming
47. Music storage container: 2 letters + wd.
50. Royal officer, for



- short
51. 'Trillion'-meaning prefix
 52. RIO 2016: Jumped-over things in Track & Field
 54. Infamous Vamp.
 56. "___" (Prayer beginning)

57. RIO 2016: Modern ___
62. Ratchet part
63. Water: Spanish
64. Comedy act, Stiller & ___
65. Compass dir.
66. "Drats!"
67. Particular poet

DOWN

1. Don't share
2. Mined stuff
3. 'Ear'-meaning prefix
4. RIO 2016: ___ best (Athlete's top-ever performance)
5. Palm starch
6. RIO 2016: Lilongwe is this IOC country's

- capital
7. 'Lull' ending
8. Antique autos [abbr.]
9. Non-name brand
10. Rant
11. Violin-making family
12. RIO 2016: 4 x 100m Relay prop in Track & Field

16. Famed puppeteer Tony
18. 1933 Broadway musical, Let '___ Cake
22. 'Neat' suffix
23. RIO 2016: Olympics official timekeeper
24. Apples gadget
25. Burial shroud city in Italy
27. Lawlessness
30. Heavy wts.
31. Fam. member
34. Corn
35. Proprietor
36. Eva and Zsa Zsa Gabor's older sister
38. Gomer Pyle's rank [acronym]
39. 'Opt' suffix
40. Changed
42. RIO 2016: Athlete's protection, perhaps
43. Bing Crosby's "___-Loo-Ra-Loo-Ral"
44. RIO 2016: Equestrian's seat
45. Couture monogram
46. ___ sale
47. Prepare veggies
48. "Max ___ Returns" (1983)
49. Queen Elizabeth's 'hat'
53. Video game maker
55. Prefix with 'sphere'
58. Called-one's occupation
59. Movies composer Francis
60. Hosp. sites
61. ___ Geo (Nature mag, cutely)

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a loosey-goosey day. It's a poor day for major purchases and important decisions. (It's OK to buy food and gas.)

Taurus April 21 - May 21
If you can hunker down at home today, you will enjoy yourself, because you need to cocoon right now. This is a creative day for you, especially if you work in the arts.

Gemini May 22 - June 21
You're eager to communicate with others now; however, tension with partners and close friends is likely. This tension will be gone by the end of September.

Cancer June 22 - July 23
Be careful, because you are focused on money right now and probably considering a major purchase. Today is a poor day for a major purchase. Wait until tomorrow.

Leo July 24 - Aug. 23
You have a few more days with the Sun in your sign giving you a chance to re-energize yourself. People and favorable situations are attracted to you. Make the most of this.

Virgo Aug. 24 - Sept. 23
Although this is a good time to buy wardrobe items for yourself, today is not the day. Wait until tomorrow; you will be glad you did.

Libra Sept. 24 - Oct. 23
In one way, you are keen to socialize, and you are out there flying your colors. However, a different influence makes you want to hide and be low-key. At least you have a choice.

Scorpio Oct. 24 - Nov. 22
This is a great day to schmooze with others. Keep things lighthearted and avoid important decisions. Don't volunteer for anything.

Sagittarius Nov. 23 - Dec. 21
Travel, education and publishing are on your mind now. However, this is a poor day to make a decision regarding these matters. Nevertheless, it's a light-hearted, creative day for you.

Capricorn Dec. 22 - Jan. 20
You will enjoy talking to people from different cultures and different backgrounds, because you want to learn something new. It's easy to be openminded today.

Aquarius Jan. 21 - Feb. 19
It's good to know that you can benefit from the wealth and resources of others at this time. Today, however, is a poor day for important decisions, especially about a commitment.

Pisces Feb. 20 - March 20
Relations with partners and close friends are unusually warm and cozy now. Don't hesitate to tell others how much you care. Don't leave it to their imagination.

CONCEPTIS SUDOKU by Dave Green

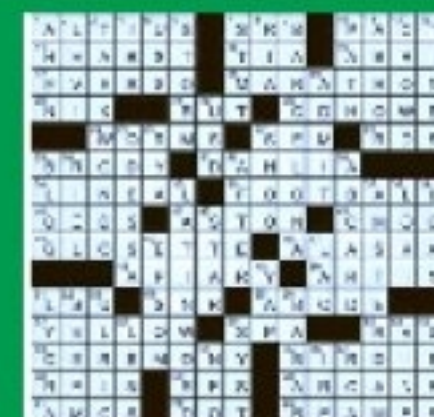
Every row, column and box contains 1-9



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